

*Cooking
with a
Polish Touch*



*Polish Home Association
Ladies' Auxiliary
Seattle Wa.*

ACKNOWLEDGEMENTS

We would like to express our appreciation and gratitude to all who so generously contributed their recipes and made this book a reality.

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THIS BOOK includes the finest plastic ring binders available, **BUT**, like most plastics, the **BINDERS CAN BE DAMAGED BY EXCESSIVE HEAT**, so **AVOID** exposing them to the direct rays of the **SUN**, or excessive heat such as **IN A CAR** on a hot day, or on the top of the kitchen **STOVE**. If not exposed to heat, the binders will last indefinitely.

INTRODUCTION

The first Polish settlers in the Pacific Northwest arrived between 1870 and 1880, bringing with them the wealth of Polish traditions, among which was the Polish cuisine. Since then, whether in private homes scattered throughout the area, or at the old Polish Hall in Ballard, or at the present one which was purchased in 1918, the Polish women have made every effort to maintain the traditional Polish cuisine.

There is no doubt that the idea of publishing a cookbook came to mind time and again to many women throughout these one hundred years of our existence in this beautiful city of Seattle. However, the idea was most often raised after one of our successful bazaars or social functions at which we were asked to share our recipes for dishes and pastries that our friends wanted to duplicate at home.

"COOKING WITH A POLISH TOUCH" includes many authentic, traditional recipes which have been handed down from generation to generation. We have also included descriptions of the two main Polish holidays which are Christmas and Easter, with the hope that many will benefit from this book which is but a miniature reflection of the Polish heritage which dates back over one thousand years.

This cookbook is the result of the efforts of the dedicated and hard working members of the Ladies' Auxiliary of the Polish Home Association. Our organization established in 1963 will be celebrating its twentieth anniversary this year. Throughout these twenty years our efforts have been directed at promoting Polish culture; raising funds for the renovation of the Polish Hall; supporting charitable causes; participating in social and cultural events of the community.

It has been our pleasure to share our recipes with you, which in a way reflects our warm hospitality, which is but a part of our traditions. This warm hospitality is reflected in the greeting "Gość w Dom: Bóg w Dom" which means "Guest in the house: God in the house". Since food and drink are an integral part of expressing hospitality, we hope that you enjoy the recipes in our cookbook. The recipes are in most cases quite easy to prepare, and for your benefit, as well as ours we have not included The Peacock Pâte, which is an old aristocratic recipe that requires 3,000 peacocks, and a week to prepare!

BON APPETIT!

SMACZNEGO!

EASTER TRADITIONS

"SWIĘCONE"

The "Karnawał" is a period of partying, dancing and merry-making and lasts from New Year's day through Shrove Tuesday. It is on Shrove Tuesday that women fry delicious "paczki" which are yeast type jelly filled doughnuts. They also fry "chrust" or "faworki" which is a crisp pastry dusted with powdered sugar.

Ash Wednesday marks the start of the Lenten period which lasts until Easter. During this period meals are meager, and it is in general a time of fasting and self-denial. The monotony of Lent is broken with the feast of St. Joseph when many Poles celebrate their nameday, with a party which is called "Józefinki". Also on the feast of St. Casimir there are bazaars and parties called "Kaziuki".

On Palm Sunday there are traditional palms blessed, along with Polish "palemki" which originated in the Wilno region. These "palemki" are made with dried colored flowers and grasses, and mounted on a very thin stick. They are most decorative on the Easter Table.

During Lent the women and girls are also busy making the "pisanki" which are the colorful Easter eggs, with intricate geometrical designs. A small sugar or butter lamb is a must. The last week before Easter Sunday is filled with baking of "babkas" and "mazurki" and also smoking of hams and sausages.

On Saturday before Easter the tradition of filling Easter baskets with bread, salt, "pisanki", hard boiled eggs, ham and sausage is done in the morning. The family takes the basket to church for the Easter blessing. The prominent citizens usually have the priest come to their house to bless the Easter table.

On Easter Sunday, everybody dresses in their finest clothes and is busy with setting of the Easter table. The foods served include smoked ham, many different types of sausages, horseradish with beets, just to name a few. The Easter luncheon is usually a buffet, which remains on the table until late at night.

When family members or guests arrive they are greeted with the words "Wesołego Alleluja" and before they start the meal or the "Święcone" all share a piece of hard boiled

egg and exchange good wishes.

Easter Monday is also a day of fun and joy primarily for the young. On this day an old custom of "Dyngus" is revived, when boys and girls chase each other and either sprinkle or douse each other with water, all in fun, of course. In the cities this tradition is maintained by the young people sprinkling each other with cologne or a combination of water and perfume.

SUGGESTED MENU FOR "SWIECONE"

Smoked Polish Sausages
Baked Ham
Eggs with horseradish sauce
Beets (Ćwikła)
Spring Salad
Vegetable Salad
Herring Salad

* * *

Easter Baba
Mazurek(s) (of your choice)
Cheese Cake
Torte (of your choice)

* * *

Tea and Coffee

POLISH CHRISTMAS EVE DINNER

"WIGILIA"

The Wigilia, or the Christmas Eve Dinner is the most important and festive observance of the year. It varies somewhat from region to region, however the customs and foods served are very similar.

For weeks during Advent, everyone is busy with the preparations, whether it be making handmade Christmas tree ornaments; baking cakes and cookies; shopping or making presents; sewing costumes by the carolers or the Kolednicy, or doing whatever has to be done around the house to make the Wigilia as festive as possible.

The table is covered with a white tablecloth and straw is placed under the cloth to remind us that Christ was born in a manger. The best china and silverware is used and great care is taken to ensure that an even number of guests will be present at the dinner. An uneven number of guests can bring bad luck to all present. An extra place setting is for anyone who may enter the house that night, symbolizing that there was no room at the inn that night Mary and Joseph were seeking shelter. Poles believe that none should be alone on Christmas Eve, so single people, or people with no families are invited to join families for the Wigilia.

The dinner begins when the first star appears in the heavens. The Opłatek or the Christmas wafer is an absolute necessity, because breaking of the bread is a sign of friendship. The eldest member of the family says a prayer and then begins the breaking of the wafer, going to each person present, and then all break the wafer with each other, kissing, hugging, handshaking and wishing each other all the best for the coming year.

The Wigilia consist of twelve courses of meatless dishes. Fish dishes dominate, the most popular are herring, carp in tomato sauce, and gefilte fish. Barszcz or borscht is served with mushroom filled uszka or dumplings with chopped cooked wild mushrooms. Also wild pickled mushrooms are served, with vegetable dishes accompanying a baked fish. Pierogi with cabbage, sauerkraut or cheese are also a must.

Dessert may consist of a dried fruit compote, or "marmalada z makiem" in the Warsaw area, on poppy seed with noodles in the western part of Poland, and "kutia" in the eastern part of Poland.

Tea or coffee is served with traditional "mazurki" cookies, poppy seed rolls, and many other delicious pastries.

After the dinner the family gathers around the tree and sings Christmas carols or the "koledy". Some of the carols date back to the thirteenth century and many are based on the melodies of the Mazurka, the Polonaise or the Krakowiak. The "koledy" from the mountain region in southern Poland are very lively and the "kobzy" or bagpipes with the violin dominate the air.

In Poland gifts are exchanged after the "Wigilia". However, St. Nicholas comes to the Polish children on December 6th, bringing them smaller gifts.

Midnight Mass or "Pasterka" on Christmas Eve is usually very well attended.

The Christmas season starts on December 24th and ends on January 6th, or the Feast of the Epiphany. Throughout the centuries because there were no vacations as we know them today, people took advantage and extended church holidays.

SUGGESTED MENU FOR "WIGILIA"

Herring in oil
Fish with Greek sauce
Fish in aspic
Marinated Salmon
(Serve with ice cold vodka)

* * *

Barszcz with Uszka
* * *

Baked Fish
Vegetables
Salad

Boiled Potatoes
* * *

Pierogi with cabbage filling
* * *

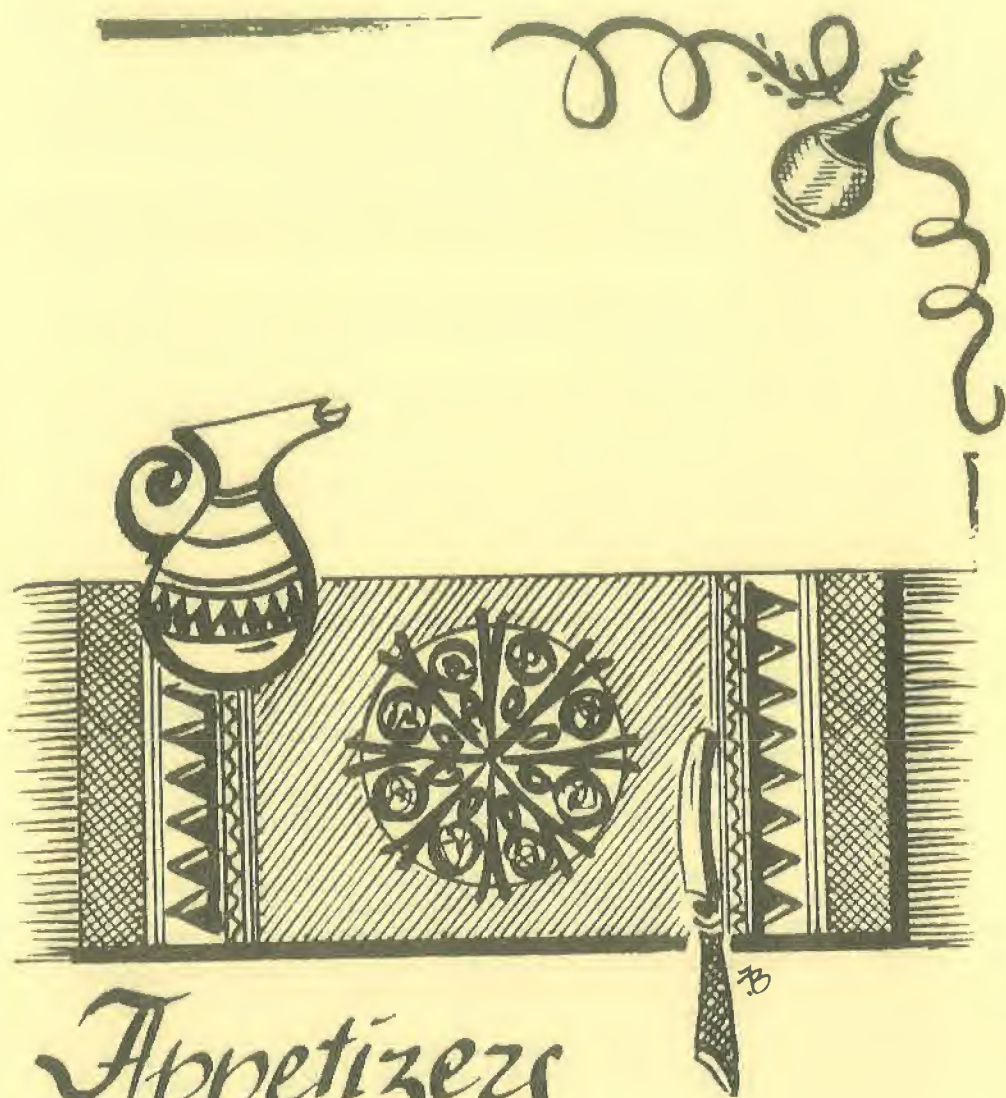
Dried Fruit Compote
* * *

Piernik
Mazurek (of your choice)
Hazelnut Torte
Poppy Seed Stollen
* * *

Tea and Coffee
Krupnik (Honey Vodka)

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Appetizers

A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER

- ALLSPICE**....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.
- BASIL**....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.
- BAY LEAVES**....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.
- CARAWAY**....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.
- CURRY POWDER**....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.
- DILL**....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.
- MACE**....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.
- MARJORAM**....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.
- MSG (MONOSODIUM GLUTAMATE)**....is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.
- OREGANO**....the leaf of a safe bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.
- PAPRIKA**....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.
- POPPY**....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.
- ROSEMARY**....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.
- SAGE**....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.
- THYME**....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.
- TURMERIC**....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS

SALTED MUSHROOM CANAPES

(Kanapki z solonych grzybów)

6-8 salted mushrooms*	1/2 c. chopped onions
1/2 c. sour cream	Butter (for spreading)
Dill to taste	Pumpernickel bread

Rinse the salted mushrooms, and let stand in cold water for a few hours, changing the water once or twice. (Mushrooms should be quite salty). Drain and squeeze out the excess water. Chop finely. Add the chopped onions, dill and sour cream. Butter pumpernickel squares on one side. Spread the mushroom mixture on each square and serve immediately.

*(Salted mushrooms, see Miscellaneous.)

HOT MUSHROOM CANAPES

(Kanapki z grzybkami na gorąco)

2 lb. chopped fresh mushrooms	1/2 c. butter
1 large onion, diced	Salt and pepper to taste
1 c. sour cream	Pumpernickel bread

Saute the chopped mushrooms with onion in butter until the onion is golden and most of the liquid has evaporated. Stir in the sour cream. Salt and pepper to taste. Spread mixture on toasted pumpernickel bread. Bake in 350° oven until piping hot. Serve immediately.

PASZTET KRAKOWSKI

(Pate from Kraków)

1 1/2 lb. fatty pork	1 bay leaf
1 1/2 lb. beef (cheap cut)	2 hard rolls
1 1/2 lb. beef liver	5 egg whites
2 large onions	1/2 lb. bacon
2 carrots	Salt, pepper, nutmeg

Cut the meat into cubes and divide. Cook one-half of the meat with vegetables until tender. The other half of the meat, brown separately and add to the rest of the meat. Add the liver at the end and cook only for 7 minutes. Drain the meat, liver and vegetables. Cool. Soak 2 hard rolls in broth and

squeeze. All of the above should be ground 3 times through a meat grinder for a smooth pate. Beat the egg whites and add to mixture. Season to taste. Grease 2 loaf pans with margarine. Line bottoms with strips of bacon. Fill pans with pate mixture and pour the broth over 1/3 inch deep. Bake at 350° for 1 1/2 hours. Cool in pans. Slice to serve and garnish with parsley. Store in foil in the refrigerator. Can be frozen.

GAME PATE (Pasztet z dziczyzny)

- | | |
|--|------------------------------|
| 1 1/2 lb. venison, rabbit
or game | 1 celery stalk (with leaves) |
| 1 1/2 lb. fatty pork cut | 2 bay leaves |
| 1 1/2 beef liver (venison
if available) | 4 whole eggs |
| 1/2 lb. salt pork | 8 peppercorns |
| 4 carrots | 1/2 tsp. nutmeg |
| 1 parsnip | 1/2 tsp. ginger |
| | Salt to taste |

Peel the carrots and parsnip. Wash all vegetables and put in a large pot. Cut the venison (rabbit) and the pork into large pieces and brown for a few minutes. Add the meat to the pot and cover with water. Add peppercorns and bay leaves. Bring to a boil and simmer for 3-4 hours. Brown the liver and add to the pot. Continue boiling for 15 minutes. Set aside to cool. Put all the contents of the pot through a meat grinder three times to assure a smooth pate. Add one egg at a time and then season with spices and salt and pepper to taste. Grease two loaf pans, and pour the pate mixture. Pour over each pate broth to cover 1/2 deep. Bake at 350° for 1 1/2 hours. (Can be frozen).

PORK PATE (Pasztet wieprzowy)

- | | |
|--|------------------------------|
| 2 lb. pork shoulder | 3 allspice |
| 4 slices of bacon | 2 cloves |
| 1 lb. beef liver | 2 beef bouillon cubes |
| 2 large onions, cut into
quarters | 1 tsp. mixed herbs |
| 2 stalks of celery,
cut into pieces | 1/4 tsp. nutmeg |
| 1 carrot, cut into pieces | 3 tsp. sugar |
| 1 bay leaf | Salt and pepper |
| 5 peppercorns | 3 eggs |
| | 1/3 c. white wine (optional) |

Cut pork into large pieces; add vegetables, bay leaf and spices; add 1/2 cup water and simmer for 45 minutes. Add bouillon cubes. Fry bacon and set aside. Saute liver in bacon drippings, browning it on both sides. Add any pan juices to the meat. Put all meat and vegetables through a meat grinder (two or three times) or use a food processor until you have a fine consistency. Add eggs, seasonings and blend thoroughly. Turn into two greased loaf pans and bake 1 hour at 350°. (Pans may be set in shallow pan of water for baking for a moist pate). Cool in pans. Serve slices with other cold meats, or on crackers as appetizers. (Can be frozen).

TARTAR STEAK (Befsztyk po tatarsku)

2 lb. lean ground round steak (sirloin or beef fillet)	3/4 c. chopped onion
8 egg yolks	4 tsp. chopped parsley
8 anchovy fillets	Salt and freshly ground pepper
1 small bottle of capers	Cognac to taste

Divide the raw beef into 8 portions and shape into patties. Place on serving plates. Make an indentation in each by pressing a whole egg in the center. Place egg yolk in each indentation; surround with chopped onion and parsley, capers, making a circle out of each; place anchovy on top. Serve chilled with pumpernickel.

Or: -- Mix all ingredients well and serve as appetizers on pumpernickel squares, garnished with a sprig of parsley.

STEAK TARTARE (Befsztyk po tatarsku)

2 lb. top round	1/4 c. minced onion
2 tsp. salt	3 egg yolks, white threads removed
1/2 tsp. pepper, freshly ground	6 slices buttered rye toast

Trim all the fat from meat and grind twice, or use food processor and grind the meat fine. Mix with the rest of ingredients. Chill 1/2 hour. Spread on 6 buttered rye toasts. Cut each into quarters. Serve as an hors d'oeuvre.

MARINATED HERRING (Śledzie marynowane)

4-5 salted herrings	1/2 tsp. pickling spices
2 medium onions, sliced	1/3 c. sugar
1 c. cider vinegar	A few drops of oil
1 1/2 c. water	

Rinse the herring under cold water and soak for 24 hours, changing water two or three times. Skin, and fillet. Cut each fillet into 1 1/2 inch pieces (or smaller). Boil vinegar with water, sugar and pickling spices. Cool. In a glass jar, place in alternating layers, sliced onions and herring pieces. Pour vinegar mixture over the herrings, and add a few drops of oil. Store in refrigerator. Herring can be served on pumpernickel squares, or served as a cold dish for a buffet lunch or dinner.

HERRING IN SOUR CREAM (Śledź w śmietanie)

1 lb. salt herring	1/2 c. sour cream
1 medium apple, peeled and shredded	1 tsp. lemon juice
1 medium onion, chopped	1/2 tsp. sugar
	1 tsp. chopped parsley

Clean and soak herring. (Soak for 24 hours, changing the water several times. Remove, dry, skin and bone). Cut fillets into 1 inch wide pieces; arrange in a dish. Add coarsely shredded apple and chopped onion. Mix with sour cream. Season with lemon juice and sugar. Pour over the herring. Sprinkle with parsley. Let stand in refrigerator for 1-2 hours to blend flavors.

HERRING IN OIL (Śledź w oliwie)

1 lb. salt herring	1/2 c. salad oil
2 Tbsp. prepared mustard	Parsley

Soak herrings for 24 hours, changing water several times. Dry, skin, clean and fillet. Spread each fillet on one side with mustard and roll. Secure with a toothpick. Put in a jar, cover with salad oil. Refrigerate for 24 hours. Cut into inch wide pieces. Arrange on a small dish. Stick a toothpick into each piece of herring. Decorate with parsley.

HERRING SALAD #1
(Sałatka śledziowa)

3 herrings	1 large onion
2 c. cooked, diced potatoes	1/2 c. cooked white beans
2 c. cooked, diced beets	1 c. chopped, cooked carrots
4 hard-boiled eggs	1 1/2 c. sour cream
2 pickles	1/2 c. mustard
2 apples	Salt and pepper

Herring fillets should be rinsed and cut into narrow strips. Peel and chop hard-boiled eggs. Chop finely pickles, apples and onion. Combine all ingredients. In a small bowl, blend sour cream with mustard and add to the salad. Toss and season to taste. Garnish with parsley.

HERRING SALAD #2
(Sałatka śledziowa)

2 salt herrings	1 c. sour cream
1 medium onion, sliced	2 medium pickles
1 apple, diced	

Soak herrings overnight. Skin, remove bones, and cut into bite-size pieces. Add sliced onion, diced apples and diced pickles. Mix well with sour cream. Serve with pumpernickel bread. (Will keep in refrigerator for one week).

SALMON IN ASPIC
(Łosoś w galarecie)

8 c. water	2 bay leaves
1/2 c. onion, chopped	1 tsp. salt
1/2 c. carrots, chopped	4-5 dill sprigs
1/2 c. celery, chopped	4 lb. center cut of salmon
1/2 c. vinegar (white)	4 envelopes unflavored gelatin
1/2 tsp. white pepper	

Make a bouillon: water, onion, carrots, celery, vinegar, bay leaves, dill, salt and pepper. Bring the liquid to a boil. Reduce heat; simmer for 30 minutes and cool. Wrap salmon in cheesecloth and tie the ends of the cloth, so that it will be easy to lift out of the pan. Bring bouillon to a gentle boil. Lower salmon into simmering liquid and cook for 25 minutes. Do not

overcook. Carefully remove fish from bouillon. Unwrap the cheesecloth and remove the skin and the dark fat. Chill the salmon until it is cold. Strain bouillon through double layers of cheesecloth. Add 1 envelope unflavored gelatin to each pint of cold liquid. Heat until gelatin is dissolved. Cool. Pour a thin layer of aspic into 9x14 inch Pyrex and decorate with sliced carrots. Transfer the salmon, whole or serving pieces, into the dish. Cover with rest of the aspic and chill in refrigerator until set. Unmold by loosening edges with a knife and shaking onto a chilled serving dish. Garnish with lemon wedges and parsley.

SALMON IN ASPIC (Łosoś w galarecie)

2-3 lb. salmon fillets	3 peppercorns
1 large onion	1 bay leaf
2 carrots, peeled	10 c. water
2 stalks celery (with leaves)	3 envelopes unflavored gelatin
1 parsnip	Salt

Boil water with onion, carrots, celery, parsnip, peppercorns, bay leaf, for at least an hour. Wash salmon fillets and cut into serving pieces. Place in boiling broth for a few minutes; remove carefully and drain on paper towels. Repeat process until all fish pieces are cooked. Continue cooking broth at low heat. Remove carrots and slice. Use slices of carrots to decorate bottom of 9x14 inch Pyrex.

Place fish pieces spaced apart in the Pyrex. Remove all vegetables from the broth. Dissolve unflavored gelatin in 1/2 cup cold water. Add to the broth and simmer for 10 minutes. Pour broth over the fish. Leave on top until the broth jells. then place in refrigerator. Serve cold garnished with lemon wedges and parsley.

CUCUMBER AND SALMON (Ogórek z łososiem)

2 medium cucumbers	Freshly ground black pepper
1/4 lb. smoked salmon, sliced	Lemon wedges

Wash and then score cucumber skin with a fork. Cut cucumbers into 1/4 inch slices. Put a piece of sliced, smoked salmon on each cucumber. Serve with pepper and lemon wedges.

PICKLED FRIED SMELTS
(Smażone marynowane szprotki)

2 lb. fresh smelts	1/4 c. water
1 1/2 tsp. salt	1/2 c. sugar
1 egg, beaten	8 peppercorns
1/2 c. bread crumbs	1 onion, sliced
1/2 c. oil	
3/4 c. white vinegar	

Clean fish, removing heads and tails. Rinse fish under cold running water. Drain. Split and bone fish. Dip in beaten egg, then coat with bread crumbs. Fry on each side until golden brown. Let stand until cold. Mix vinegar, water, sugar, salt, onion and pepper. Boil mixture for 5 minutes. Cool. Pour cold mixture over fried fish. Chill in refrigerator overnight.

SARDINE OR SPRAT PASTE
(Masa z sardynek lub szprotek)

1 (8 oz.) pkg. cream cheese, softened	1 tin sardines in oil Salt, pepper to taste
--	--

In bowl, mash sardines and blend well with cream cheese. Salt and pepper to taste. Very good for canapes and hors d'oeuvres.

GARLIC TOMATO CANAPES
(Kanapki z pomidorami i z czosnkiem)

3 medium tomatoes	Toast
1 garlic clove, mashed	3/4 c. mayonnaise

Peel and slice tomatoes. Cut toast into rounds to fit tomato slices. Put a slice of tomato on each round. Mix mayonnaise with garlic and spread on tomatoes. Broil under moderate heat for 3 minutes or until brown and bubbling.

RUBY EGGS
(Jajka rubinowe)

8 hard-boiled eggs	2/3 c. sugar
1 1/2 c. canned beet juice	Few whole cloves
1/2 c. water	2/3 c. vinegar

Shell the eggs while they are hot. Combine the other ingredients and heat. Pour over eggs and allow at least 24 hours for pickling. Serve whole, quartered or sliced. (Very decorative)

STUFFED EGGS (Jajka faszerowane)

4 hard-boiled eggs	2 tsp. butter
1 medium onion, finely chopped	Pepper and salt to taste

Boil eggs and allow to cool. With a sharp knife, cut lengthwise, being careful not to damage the shells. Scoop out whites and yolks, reserve shells. Fry onion in half the butter. Chop eggs finely; add salt, pepper, onion and mix well. Fill the halved shells with mixture. With open side down, fry quickly in other half of butter. Serve hot or cold. Garnish with parsley. Eat out of shells with a teaspoon.

EGGS STUFFED WITH CHEESE (Jajka nadziewane serem)

4 hard-boiled eggs	Salt and pepper
2 Tbsp. Parmesan cheese, grated	Melted butter
1 tsp. vinegar	White sauce
Mustard (to taste)	Tomatoes

Cut the eggs in halves. Scoop out the yolk and add the cheese, vinegar, mustard, seasoning and enough melted butter to make a firm mixture. Make balls to fit into the whites. Serve either hot or cold with tomatoes, either baked (hot) or raw. If served hot, make some white sauce; place eggs in it and reheat in a casserole in the oven.

EGGS IN HORSERADISH SAUCE (Jajka w sosie chrzanowym)

1 doz. hard-boiled eggs	6 Tbsp. milk
2 c. mayonnaise	Salt and pepper
2 Tbsp. prepared horseradish	

Peel the hard-boiled eggs and cut in halves. Arrange egg halves cut side down on a serving platter. To make the sauce, blend the mayonnaise with horseradish, milk; salt and pepper to taste. Just before serving, pour the sauce over the egg halves and garnish with parsley. This easy dish can be prepared ahead of time. It is excellent for a cold buffet luncheon or dinner.

EGG & TOMATO FLYBANES (Muchomorki)

8-10 hard-boiled eggs	Dill
4-6 tiny tomatoes	Few drops of oil
Salt and pepper	2 tsp. mayonnaise

Peel the hard-boiled eggs and trim flat both ends of the eggs so they will stand up. Paint lines with oil on bottom part of egg and sprinkle with dill. Stand up the eggs on a serving platter. Cut the tomatoes in halves lengthwise. Remove cores and sprinkle with salt and pepper. Place each tomato half over an egg like a cap on a mushroom. Dot the cap with tiny drops of mayonnaise.

STUFFED CHERRY TOMATOES (Nadziewane pomidorki)

30-35 cherry tomatoes	1 tsp. minced dill
2 ripe avocados	4 Tbsp. lemon juice
2 Tbsp. sour cream	2 Tbsp. minced chives
1 tsp. minced parsley	Salt and pepper

Mash the ripe avocados in a small bowl. Add the sour cream, dill, parsley, lemon juice, chives, salt and pepper. Cut off a thin slice off the top of the cherry tomatoes and with a small melon ball spoon, scoop out the pulp and discard it. Invert the cherry tomatoes on a paper towel to drain, for at least a half an hour. Fill the tomatoes with the avocado mixture, and arrange them on a serving dish. Serve chilled.

HAM SLICES (Kwadratki szynki)

2 Tbsp. prepared horseradish	1/2 tsp. salt
2 Tbsp. mayonnaise	1/8 tsp. pepper
1 Tbsp. Worcestershire sauce	8 oz. cream cheese
	6 ham slices

Blend all ingredients together, with the exception of ham slices. Spread the cheese mixture over a slice of ham; and continue the same process, stacking the slices of ham with the cheese spread in between. Freeze. Cut into 1 inch squares and serve on a toothpick.

BEEF TONGUE (Ozór wołowy)

1 beef tongue (2 1/2 - 3 lb.)	1 1/2 Tbsp. salt
2 1/2 qt. boiling water	4 whole cloves
2 bay leaves	1 carrot
10 black peppercorns	1 onion, sliced

Place beef tongue in saucepan and pour in boiling water. Bring to the boiling point. Add all ingredients. Simmer until tender about 2 1/2 - 3 hours. Remove all the scum from the surface. Cool the tongue in liquid. Remove tongue and pull off skin. Return the tongue to liquid until ready to serve.

At serving time, remove tongue, slice thinly and arrange on serving platter. Garnish cold tongue with cherry tomatoes and parsley. Also you can serve warm tongue with mushroom sauce.

CHICKEN SALAD (Sałatka z kury)

2 c. diced chicken	1 c. chopped apples
1 c. green peas	1/2 c. sour cream
1 c. chopped red pepper	1 c. mayonnaise
1 c. sliced celery	Salt and pepper

Cooked or fried chicken should be diced and added to the chopped pepper, celery and apples. Cook 1 cup frozen green peas for 2 minutes. Drain and cool. Combine in a small bowl, sour cream with mayonnaise and season to taste. Add the cooled peas and the dressing and toss. Serve chilled. (Excellent way of serving leftover chicken).

CHICKEN IN ASPIC (Kura w galarecie)

4-5 lb. chicken	4 stalks celery
1 1/2 qt. water	4 sprigs parsley
1 medium onion	2 bay leaves

2 carrots
2 Tbsp. lemon juice
1 tsp. peppercorns

1 Tbsp. salt
2 envelopes unflavored gelatin
1/4 c. cold water

Put chicken into large saucepan; add water, vegetables and seasoning. Bring to the boiling point. Skim surface of all particles. Cover pot and simmer until chicken is tender. Cool. Remove chicken and strain stock. Soften gelatin in cold water and add to stock (should be about 4 cups). Heat mixture slowly to the boiling point. Remove from heat. Cool. Strain through thick layers of cheese cloth. Chill. Brush a 2 quart mold with oil. Pour in 1/2 cup of stock. Chill until set. Line the mold with slices of carrots and stuffed olives. Add more stock. Chill until set. Cube chicken meat and arrange in mold. Pour remaining stock over chicken pieces. Chill mold overnight. Unmold aspic on platter and garnish with parsley. Makes 6-8 servings.

YEAST FINGERS (Paluszki drożdżowe)

1/2 c. butter
2 1/4 c. flour
1 oz. fresh yeast
1 tsp. sugar
1/2 tsp. salt
1 egg

2 egg yolks
2 Tbsp. sour cream
1 egg white
2 Tbsp. caraway seeds or poppy seeds

Cut butter into the flour with a knife, then mix with fingertips. Add yeast combined with sugar. Add salt, egg, egg yolks and sour cream. Knead the dough for few minutes. Form into long thin cylinders or "fingers". Place on a buttered cookie sheet and let rise in a warm place. When doubled in size, brush with egg white and sprinkle with caraway seeds. Bake in 375° oven for 15 minutes. Remove immediately from cookie sheet. Serve as an hors d'oeuvre. Yields 40 fingers.

YEAST ROLLS WITH MUSHROOMS (Paluszki z grzybami)

Prepare dough as for Yeast Fingers.

Stuffing:

2 Tbsp. butter
10 oz. mushrooms, chopped
1/2 c. grated cheese

1/4 c. bread crumbs
1 egg

Saute mushrooms in butter. Mix all ingredients for the stuffing. Roll out the dough 1/4 inch thick. Cut into long 2-inch wide strips. Place stuffing on one side of each strip. Fold the dough over lengthwise and seal the ends. Cut into small 1-inch wide rolls. Brush with egg white. Place on a buttered cookie sheet in the oven heated to 100°F. Cover with a towel. Let rise until doubled in size. Bake in 375° oven for 20 minutes. Yields about 60 rolls.

Excellent for luncheons, buffet suppers and with soups.

PIG'S FEET IN ASPIC (Nóżki w galarecie)

1 1/2 lb. pig's feet	2 bay leaves
1/2 lb. lean pork	5 peppercorns
2 carrots	1 clove garlic, minced
1 onion	Salt to taste
1 parsnip	Parsley
2 celery stalks	Lemon juice or vinegar

Have butcher split pig's feet. In large pot, cover with water and cook the pig's feet, pork, vegetables and spices for 4 hours on low heat. In the middle of cooking, add salt. Strain. Discard bones and dice the meat. Use a Teflon-covered mold and rub it with salad oil. Arrange on the bottom carrot slices and meat. Pour over the cold stock. Chill until set. Remove fat. Unmold by loosening edges with a knife and shaking onto chilled serving plate. Garnish with parsley. Serve with lemon juice or vinegar. Use the same recipe for calves' feet. Serves 8.

Soups



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12×20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10×12" sheet cake 1½ 10" layer cakes	1 12×20" sheet cake 3 10" layer cakes	2 12×20" sheets cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	¾ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS

BEEF OR CHICKEN BROTH (Rosół z wołowiny lub z kury)

2 lb. beef or 1 chicken	1 parsnip
7 qt. of water	1 large onion, cut in half
2 carrots	Small piece of cabbage
2 celery stalks with leaves	Salt

Rinse the meat and cover with water in a big pot. Peel and rinse the carrots, and cut in two. Wash celery stalks and cut in two. Peel and wash parsnip. Rinse onion and with brown outside dry leaves, place in pot. (Onion skin will give the broth a brown color). Add salt and cabbage. Bring to a boil and simmer for 2 hours.

Serve with noodles, or macaroni or add to different soups which require bouillon.

CHRISTMAS EVE BARSZCZ (Barszcz wigilijny)

8 c. water	1 bay leaf
2 medium onions, chopped	1 tsp. salt
1/4 head coarsely chopped green cabbage	1/4 tsp. pepper
2 stalks celery, chopped	3 dried mushrooms, sliced
8 medium beets	2 Tbsp. lemon juice
5 peppercorns	1 tsp. sugar
3 allspice	1 c. sour beet juice*

*To make sour beet juice, place 6 beets, cut into cubes, 2 1/2 teaspoons sugar, 1 slice rye bread in a jar and cover with warm water. Place cheesecloth over the jar and set aside. After 5 to 6 days, juice will begin to ferment.

Simmer vegetables and spices for 1/2 hour. Strain. Set broth aside. Wash and boil the beets until tender for approximately an hour. When cool, remove skins and cut into julienne strips. Add to the broth. Add lemon juice and simmer for 5 minutes. Season with salt and pepper and additional lemon juice. Add sour beet juice and bring to a boil.

CLEAR BARSZCZ (Barszcz klarowny)

1 lb. beets, peeled and sliced	1 onion
1 lb. beef	Salt, pepper and wine vinegar
2 carrots	12 c. water
1 parsnip	Sugar to taste

Cover the peeled and sliced beets with 3 cups of water and heat. Do not bring to a boil. Pour off the deep red colored water. Into the same pot, add 8 cups of water; add meat and vegetables; boil for 1 1/2 hours. Pour off the broth and add to the beet colored water. Salt to taste. Add pepper and wine vinegar and sugar to taste. Serve in cups with a meat filled roll. (Pasztecik).

HEARTY BARSZCZ

8 c. beef bouillon	1 large onion, chopped
2 chopped carrots	1 (16 oz.) can julienne beets
1 potato, diced	1 small can tomato paste
1/2 head of medium cabbage, chopped	Dill
	Salt and pepper to taste
	1 c. sour cream

In a large pot, combine beef bouillon, carrots, potatoes, cabbage and onion. Simmer for 45 minutes. Add the tomato paste and julienne beets with liquid. Stir and let cook for an additional 5 minutes. Season to taste with salt and pepper.

To serve, pour hot soup into bowls. Top off with a large dollop of sour cream. Garnish with freshly chopped dill.

WHITE EASTER SOUP (Biały barszcz wielkanocny).

2 c. diced, boiled ham and/or 2 c. diced, smoked kielbasa	1 bay leaf
1 onion	1 c. sour cream
2 cloves garlic	2 Tbsp. flour
5 peppercorns	2 to 3 Tbsp. vinegar
	6 hard-boiled eggs

Into 3 quarts of water, place 2 cups diced, boiled ham and/or 2 cups diced, smoked kielbasa, 1 onion, 2 cloves garlic, 5 peppercorns and one bay leaf. Bring to boil, cover and

simmer for 1 hour. Blend 1 cup sour cream with 2 tablespoons flour, gradually adding hot stock to mixture. Simmer for 10 minutes and sour to taste with 2 to 3 tablespoons vinegar. The soup should be on the tart side. Pour hot soup over hard-boiled egg halves in soup bowls.

CREAM OF TOMATO SOUP (Zupa pomidorowa)

- | | |
|---|-----------------------------------|
| 1 (28 oz.) can peeled, tomatoes, chopped coarsely <u>or</u> 4 large ripe tomatoes, peeled and chopped | 4 Tbsp. butter |
| 1 medium onion, peeled and sliced thin | 2 (10 3/4 oz.) cans chicken broth |
| 2 Tbsp. tomato paste | 2 c. of water |
| 2 Tbsp. all-purpose flour | 2/3 c. heavy cream |
| | Pinch of dried oregano |
| | 1 Tbsp. dill |
| | 1/2 tsp. sugar |
| | Lemon juice to taste |

Heat 3 tablespoons of butter; add sliced onion and saute for about 5 minutes. Stir in tomatoes and tomato paste, and cook for 3 minutes, stirring frequently. Sprinkle the flour, mixing well. Add diluted broth, salt, pepper and sugar. Simmer for about 20 minutes. Let cool slightly. In a food processor, puree until very smooth. (If using a blender, run at high speed; then strain).

Pour into a saucepan and add the heavy cream. Bring to a boil and simmer for 3 minutes. Before serving, stir in the remaining butter, a little at a time. Add oregano and dill. Add lemon juice to taste. Just before serving, you may sprinkle with chopped parsley or snipped chives. Serve with croutons, rice or noodles.

POOR STUDENT'S SOUP (Zupa studencka)

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|---------------------------|--------------------------|
| 2 qt. water | 1 1/2 Tbsp. butter |
| 1 lb. potatoes, cubed | 1 tsp. dill, chopped |
| 1/2 lb. tomatoes, chopped | 1/4 c. half & half |
| 2 onions, chopped | Salt and pepper to taste |
| 2 carrot, sliced | |

Bring to a boil water, potatoes and carrot until tender. In a heavy skillet, melt butter. Add onion and cook for about 8 minutes or until they are lightly colored. Pour onions and tomatoes to the soup. Cook for 15 minutes more. Pour the soup through a large sieve into bowl. Add dill and half & half. Serve with croutons.

POTATO SOUP
(Zupa kartoflana)

- | | |
|---|---------------------------------|
| 8 c. of water | 2 stalks celery, finely chopped |
| 3 large potatoes, peeled and
cut in 1/4 inch cubes | 1 tsp. salt |
| 1 large onion, finely
chopped | Freshly ground pepper |
| | 4 Tbsp. butter |
| | 2 Tbsp. flour |
| | 1 c. sour cream |

In large kettle, place vegetables and butter. Saute for three minutes and season with salt and pepper. Add water and bring to a boil. Lower the heat and simmer for 20 minutes. In a bowl, blend 2 tablespoons flour and 1 cup sour cream. Pour flour mixture into kettle. Stir and bring to a boil. Sprinkle with minced dill.

COLD SORREL SOUP
(Zupa szczawiowa)

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|------------------------------|--------------------------------|
| 1 lb. sorrel leaves, chopped | 2 Tbsp. minced fresh dill weed |
| 2 Tbsp. flour | 1 tsp. salt |
| 2 cucumbers, grated | 1/2 tsp. freshly ground pepper |
| 1 medium onion, minced | 2 c. heavy cream |

Wash the sorrel leaves and remove any thick stalks. Add to 5 cups of water and cook until tender, about ten minutes. Blend together 2 tablespoons flour with one cup cold water. Mixture must be smooth. Pour into the soup and cook until boiling, stirring all the time. Let cool. In a separate bowl, combine the cucumbers, onion, dill weed, salt, pepper and heavy cream. Gradually stir in the chilled soup and pour into a tureen. Boiled new potatoes can be served with the soup.

SORREL SOUP
(Zupa szczawiowa)

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|---|----------------------|
| 1 lb. sorrel, washed and
chopped (1 pkg. frozen,
chopped spinach may
be substituted) | 2 Tbsp. butter |
| 6 c. of stock | 2/3 c. sour cream |
| | 6-8 hard-boiled eggs |
| | Salt |
| | Dry dill weed |

Chop sorrel and saute in butter for a few minutes. Add to stock. Or cook spinach in broth until tender, and then add the butter. Salt to taste and add sour cream. Fill soup bowls with chopped hard-boiled eggs. Ladle the soup and garnish with dill weed.

SPLIT GREEN PEA SOUP (Grochówka)

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|---------------------------------|--------------------------|
| 1 lb. dried green split
peas | 2 stalks celery, chopped |
| 2 lb. smoked ham hocks | 1 bay leaf |
| 1 large onion, chopped | 1 Tbsp. crushed marjoram |
| 2 carrots, chopped | Salt |
| | Freshly ground pepper |

Rinse peas under running cold water and pick out any foreign particles. Place the peas into a large pot, add 8 cups of water and the ham hocks, onion, carrots, celery and bay leaf. Bring to a boil and then turn the heat to low. Skim any foam from the top of the soup. Cover and simmer for 2 1/2 hours. Midway through cooking, add 1 tablespoon marjoram. Salt and pepper to taste. Remove ham hocks and cut into bite-size pieces. Discard the bay leaf. Puree the soup in a blender. Return soup to kettle; add the meat and heat.

BEAN SOUP (Zupa fasolowa)

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|-------------------------|--------------------------|
| 1 lb. small white beans | 1 c. carrots, diced |
| 1 ham bone | 1/4 c. chopped parsley |
| 3 c. chopped celery | 1/2 c. mashed potatoes |
| 3 c. chopped onion | Salt and pepper to taste |

Wash beans and place into a large pot. Cover with water and soak overnight. Drain. Add ham bone and cover with water. Bring to a boil; reduce heat and simmer one hour. Add remaining ingredients; simmer one more hour. Remove ham from the bone and dice; return to soup.

VEGETABLE BEEF SOUP (Zupa jarzynowa na wołowinie)

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|---|-------------------------------|
| 6 c. beef soup stock | 1/2 c. peas (fresh or frozen) |
| 1 Tbsp. butter | 2 Tbsp. sour cream |
| 1/2 c. carrots, sliced | 1 tsp. dill, finely chopped |
| 1 c. potatoes, cubed | |
| 1 lb. green cabbage,
coarsely shredded | |

Combine bouillon, carrots, potatoes, cabbage and butter. Bring to a boil. Reduce heat and partially cover the casserole. Simmer until the vegetables are tender. Add peas. If using frozen peas, add them during last five minutes. Add dill and sour cream before serving.

SOUP WITH MEATBALLS (Zupa z klopsikami)

1 1/2 qt. of water	1/2 tsp. salt
1 lb. ground round steak	1/8 tsp. pepper
2 slices of white bread, soaked in milk and squeezed out	2 Tbsp. chopped onion
	1 Tbsp. dill
	4 Tbsp. sour cream
1 egg	

Combine the ground round steak with the squeezed out white bread, egg, onion, salt and pepper. Mix well and form tiny meatballs. Bring water to a boil. Add the meatballs and cook for 10 minutes. Add sour cream and dill and season the broth to taste.

TRIPE (Flaczki)

2-3 lb. tripe	1 parsnip, sliced
2-3 qt. bouillon	3 stalks celery
3 carrots, sliced	1 Tbsp. chopped parsley
Marjoram	1 lb. beef chuck
Salt and pepper	
Parmesan cheese, grated	

Rinse the tripe under cold running water. Cook in salted water for 3 hours. Drain. Scrape the backs of tripe, and slice very thin, like noodles 1 1/2 inches long. In separate pot, simultaneously while boiling tripe, prepare bouillon. Boil piece of chuck with parsnip, some celery leaves, 3 carrots, salt and pepper. Drain and keep the carrots, discard other vegetables, and reserve meat (maybe for pierogi). Grate the cooked carrots on large grater. Combine tripe with bouillon, season again to taste. Add marjoram. Sprinkle some Parmesan into each bowl just before serving.

PICKLE SOUP (Zupa ogórkowa)

3-4 chopped dill pickles	1/2 pt. sour cream
6 c. of stock	Salt
2 Tbsp. butter	Dry dill weed
3 c. diced, boiled potatoes	

Dice pickles; add to broth and cook for 10 minutes. Add the diced potatoes, butter and boil for another 5 minutes. Add sour cream and dill. Season to taste. (You can also serve the soup in bowls with a dollop of sour cream in the center).

LIVER DUMPLINGS IN BOUILLON (Rosół z kluskami z watróbki)

1/2 lb. beef liver	3 slices of bread
1/2 garlic clove	1 tsp. chopped parsley
1 tsp. melted butter	1 tsp. salt
1 beaten egg	1/2 tsp. pepper
4 tsp. flour	Pinch of marjoram

Grind liver and garlic. Soften bread in water and squeeze dry. Add liver, egg, melted butter, parsley, seasoning and flour. Mix well together and drop by teaspoon into boiling bouillon. Simmer 15 minutes.

SAUERKRAUT SOUP (Kapuśniak)

2 lb. sauerkraut	4 dried mushrooms
1 lb. boneless pork butt	4 oz. diced Polish sausage
2 beef soup bones	1 bay leaf
8 c. cold water	6 peppercorns
1 medium onion (preferably baked)	4 strips of bacon, diced
Soup greens (consisting of	1 small onion, diced
1 celery root, 1 parsnip,	1 Tbsp. flour
2 carrots, 2 stalks celery,	1 tsp. sugar
few sprigs of celery	

Cover sauerkraut, meat and soup bones with cold water. Boil and skim. Add browned onion, soup greens, mushrooms, sausage and spices. Let simmer for two hours, skimming as necessary. Remove soup bones. Pick out mushrooms and cut into strips. Return mushrooms to pot. In a heavy skillet, fry the bacon together with the chopped onion, add the flour and brown. Add one cup of stock, a little at a time; stir. Add the mixture to the soup and boil. Add the sugar and season to taste.

DRIED MUSHROOM AND BARLEY SOUP (Zupa z suszonych grzybbw)

8 c. water	2 stalks celery, thinly sliced
1/2 c. dried mushrooms	1/2 c. pearl barley
1 carrot, thinly sliced	4 Tbsp. butter
1 onion, thinly sliced	Salt and pepper to taste

Rinse mushrooms and add to 8 cups of water. Stir in the 1/2 cup of barley and bring to a boil. Remove scum from the top. Let cook for one hour. Meanwhile, saute in 4 table-spoons of butter, the sliced vegetables. Add to the soup and cook for 1/2 hour. Sprinkle with parsley before serving.

MUSHROOM SOUP WITH BACON (Zupa grzybowa z boczkiem)

1 lb. fresh wild mushrooms, sliced	2 potatoes, cubed
4 slices bacon, chopped	4 Tbsp. sour cream
1 onion, chopped	1 Tbsp. finely chopped fresh dill
1 carrot, sliced	Salt and pepper to taste
1 bay leaf	1 1/2 qt. water

Saute onion with bacon. Set aside. Bring to a boiling point water with carrot, potatoes and bay leaf. Add bacon with onion. Simmer until vegetables are tender. Add mushrooms. Simmer for 15 minutes more. Season to taste with salt and pepper. Add dill and sour cream before serving.

ONION SOUP (Zupa cebulowa)

2 large onions, thinly sliced and separated	1 qt. milk
2 Tbsp. butter	1 tsp. salt
1 Tbsp. flour	Dash of pepper
	2 beaten egg yolks

Cook onion in butter about 10 minutes, till tender, but not brown. Sprinkle with flour and cook over low heat until blended. Add milk; cover and simmer 20 minutes. Add salt and pepper. Stir a small amount of hot mixture into egg yolks. Return to soup mixture, stirring till blended. Season to taste. Sprinkle each serving with grated Parmesan cheese; serve with French bread slices.

BARLEY SOUP WITH MEAT (Krupnik)

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|------------------------|---------------------------------|
| 8 c. water | 1 c. of sliced carrots, onions, |
| 2 turkey drumsticks or | celery, parsnips and leeks |
| turkey wings | 1 Tbsp. salt |
| 1/2 c. pearl barley | 1/2 tsp. pepper |
| | 2 large potatoes, diced |

In a large pot, combine all the above ingredients except the potatoes. Cook for two hours. In the last half hour, add the diced potatoes.

LAMB AND BARLEY SOUP (Zupa na baraninie)

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|-------------------------|--------------------------------|
| 2 lb. lamb stew meat, | 1/4 tsp. freshly ground pepper |
| cut into 1 inch chunks | 1 c. chopped celery |
| 2 Tbsp. butter | 1 c. sliced carrots |
| 1/2 c. pearl barley | 1 c. diced potatoes |
| 1 large onion, sliced | 1 green pepper, diced |
| 2 Tbsp. chopped parsley | 1/4 tsp. thyme |
| 1 Tbsp. salt | |

In a large pot over high heat, brown the meat in butter; add 6 cups of hot water and the rest of the ingredients. Simmer, covered over low heat for about two hours.

FISH SOUP (Zupa rybna)

- | | |
|---------------------------|------------------------------|
| 1 lb. fish, cut in 1 inch | 1 (10 oz.) pkg. frozen mixed |
| cubes | vegetables |
| 4 slices bacon, chopped | 3 c. half & half |
| 1/2 c. onion, chopped | 1 tsp. salt |
| 2 c. water | 1/2 tsp. pepper |
| 2 c. diced potatoes | |

Fry bacon in large saucepan. Add onion and cook until tender. Add water, potatoes, vegetables, salt and pepper. Cover and simmer for 20 minutes. Add three cups of half & half with the fish and simmer for ten minutes. Garnish with one tablespoon chopped parsley.

CHŁODNIK #1 (Cold buttermilk soup with beets)

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|--------------------------------------|---------------------|
| 1 (16 oz.) can beets
(with juice) | 1 c. diced cucumber |
| 3 c. or 1 qt. buttermilk | 2 scallions |
| 2 hard-boiled eggs | 1-2 tsp. dill weed |

Chop the beets and scallions into a bowl. Add chopped eggs. Stir in rest of the ingredients, sprinkling dill and salt and pepper to taste. It's ready to serve but will keep well in the refrigerator for up to a week.

CHŁODNIK #2 (Cold Buttermilk Soup)

- | | |
|-------------------------------------|---------------------------|
| 1/2 gal. of buttermilk | 1 large cucumber, chopped |
| 1 lb. boiled ham, chopped | Salt and pepper |
| 8 hard-boiled eggs, chopped | Dill |
| 1 bunch of green onions,
chopped | |

Combine all ingredients together; salt and pepper to taste; garnish with dry dill weed.

BLUEBERRY SOUP (Zupa z czarnych jagód)

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|---------------------|---------------------|
| 1 qt. blueberries | 1/2 tsp. cloves |
| 4 c. water | 3/4 c. sugar |
| 1 slice white bread | 1/2 c. sour cream |
| 1/2 tsp. cinnamon | Noodles or croutons |

Add the blueberries to boiling water. Add bread, cinnamon, cloves. Simmer for 15 minutes. Run through blender. Add sugar. Chill. Add sour cream. Serve with noodles or croutons. Serves 8.

COLD CHERRY SOUP (Czereśniowa zupa na zimno)

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|-----------------------------|--------------------|
| 1 lb. sour cherries, pitted | 1/2 tsp. cinnamon |
| 5 1/2 c. water | 3 Tbsp. cornstarch |
| 1/2 c. sugar | 1/2 tsp. salt |
| 3 Tbsp. lemon juice | 1 c. half & half |

Slightly mash cherries. Add 5 cups water, sugar, lemon juice and cinnamon. Cover and cook slowly for 20 minutes. Dissolve cornstarch with 1/2 cup water. Add to cherry mixture along with salt. Cook until soup clears and begins to thicken. Chill. Add half & half. Serve cold.

MEAT FILLED ROLLS (Paszteciki)

1 pkg. dry yeast	2 whole eggs and 1 egg yolk
2 Tbsp. sugar	1/4 c. lukewarm water
1 1/2 tsp. salt	3/4 c. scalded milk
4 c. flour	1/2 c. butter, cut into pieces

Dissolve dry yeast in lukewarm water with a pinch of sugar and let stand 10 minutes. In a large bowl, combine scalded milk, butter, sugar and salt. Stir the mixture and let cool until lukewarm. Mix in 2 cups flour and beat the mixture until it is smooth. Add eggs, egg yolk and yeast. Beat the mixture 3 minutes. Turn the dough out onto floured surface. Knead in 2 more cups of flour and continue to knead until dough is smooth. Form the dough into a ball and place in a greased bowl, cover and let stand 4-5 hours or overnight in the refrigerator. Punch down the dough, and roll out 1/2 inch thick on floured surface. Cut out with cookie cutter 3 inch rounds. Place filling in center of each round. Pinch the dough together to seal. Arrange with seam side down on a greased and floured baking sheet. Let rise in warm place, about 1 hour. Brush with egg yolk and bake for 20-25 minutes until they are golden brown at 375°. Yield 25 rolls.

Filling: Meat or cabbage. See Pierogi Fillings.

May be served warm with a clear barszcz or bouillon, or served separately as a snack.

SOUP CROUTONS (Excellent with split pea soup)

4 slices of stale white bread	4 Tbsp. butter
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Trim crusts and discard. Cut bread into 1/2 inch cubes. Spread on a cookie sheet, and place in oven to dry at 375° until golden (approximately 20 minutes). In a large skillet, melt the butter. Add the toasted bread cubes and stir-fry until all are coated with butter. Serve with split pea soup. (4 servings).

MUSHROOM POCKETS
(Uszka)
(To be served with barszcz)

Dough: See Pierogi.

Filling:

3 oz. dried mushrooms	1/2 c. bread crumbs
3/4 c. water	2 Tbsp. melted butter
1/2 c. finely chopped onion	Salt

Soak dried mushrooms overnight in water, or at least for 2 hours. Drain. Cover again with water and simmer for 30 minutes. Saute chopped onion in butter. Chop cooled mushrooms finely and add to the onions. Add bread crumbs and salt to taste. Liquid can be added to the barszcz for better taste. Boil in salted water for a few minutes and serve immediately in barszcz.

SOUP DUMPLINGS
(Lane kluski)
(Can be served in broth or tomato soup)

1 egg	3/4 c. flour
1/4 c. water	Salt

In a small bowl, mix the egg and water together, adding the flour gradually. Mix with a fork for a minute or so until the mixture is like very thick syrup. Bring broth or tomato soup to a rolling boil and slowly using a spoon, pour the mixture in the soup. Boil for one minute and set aside. Do not boil over the one minute. Serve immediately. (4 servings)

KULEBIAK WITH CABBAGE

Prepare dough as for Yeast Fingers.

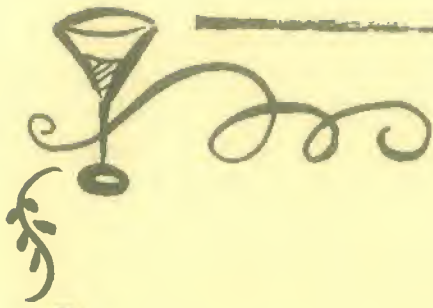
Filling:

2 lb. cabbage	3 Tbsp. shortening
4 Tbsp. water	2 hard-boiled eggs, chopped
1 large onion, sliced	Salt and pepper
4 oz. mushrooms, sliced	1 egg white

Chop cabbage finely and place in a kettle. Add water, onion, mushrooms and shortening. Cook on low heat until tender, about 30 minutes. Add salt, pepper and chopped eggs. Roll out the dough 1/2 inch thick. Form a rectangle. Place the filling in the middle of the dough. Fold over both long sides of the dough and seal the ends. Place carefully on a buttered cookie sheet and let rise in a warm place. Brush with egg white. Bake in a moderate oven at 375°F. for 1 hour. Serves 10. Serve with clear soups such as broth or barszcz.

**** NOTES ****

** NOTES **



Salads

UNUSUAL HERBS

Angelica - biennial, homegrown herb. Leaves, seeds and root used. **Bergamots** - used in these recipes are the orange scented mint and **Napaka** (*Monarda austromonta*) or mountain oregano. **Borage** - hairy annual, self seeds, leaves and flowers used, cucumber flavor. **Burdock** - root vegetable or pot herb, in Japanese produce section as "Gobo". **Burnet** - pretty leafy perennial, leaves have cucumber flavor. **Chervil** - annual, taste similar to parsley, but milder with slight anise taste. **Chia** - is the seed of a sage, high in protein. **Cilantro** - Mexican name for fresh leaf of coriander. Also called Chinese Parsley. **Chuchupate** - root of a celery flavored plant. Robust in flavor. Use sparingly. **Coltsfoot** - used in Japanese cooking, bought in cans, grows wild all over England. **Damiana** (*Turnera diffusa*) - aphrodisiac herb used by Aztecs in their rites. **Epasote** - Mexican herb (*Chenopodium ambrosioides*) used with pork and fish. **Jamica Roselle** *Hibiscus* (*Hibiscus Sabdariffa*) makes a pink lemonade tea. **Lemon Balm** - perennial, lemon flavored used for flavoring. **Lemon Grass** - lemon flavored grass, used in cooking and teas. **Lemon Eucalyptus** - (*Eucalyptus citriodora*) 30 foot tree with lemon scented leaves. **Lemon Thyme** - very fragrant, lemon scented. **Mate** - a South American tea, containing large amount of caffeine. **Mints** - orange, apple, pineapple scented, use interchangeably in any mint recipe. **Oriental Garlic** - looks like a wide leaf chive. Just leaves are used. **Perilla** - annual called "Sisho" by Japanese. Resembles purple coleus. *Perilla* can be used in salads. **Pineapple Sage** - pineapple fragrance, much used with fruit recipes. **Purslane** - fleshy weed common in gardens, good cooked or raw, high in Vitamin C. **Quelites** (*Chenopodium album*) - Indian pot herb, a variety of lambsquarters. **Saffron** - stamens of *Corcus Sativus*, most expensive spice in the world. **Shallots** - bulbs are small, lavender, mild onion flavor. **Skirret** - roots and leaves used in salad, also good cooked, green leafy plant. **Tarragon** - mild licorice taste. Do not start from seed, get divisions from nursery. **Woodruff** - coumarin scented when dry, good in wine or jelly. **Yerbanis** - (*Pericon*, *Tagetes Lucida*), marigold leaves, tarragon type flavor - Mexico.

SALADS

CUCUMBER SALAD #1 (Mizeria)

2 cucumbers	1 c. sour cream
3 green onions	2 Tbsp. lemon juice
Salt and pepper to taste	1 tsp. sugar

Peel the cucumbers and slice very thin. Salt well and set aside for a few minutes. Squeeze the cucumbers to remove excess water. In a small bowl, mix the sour cream with lemon juice and sugar. In a serving glass salad bowl, mix the cucumbers, chopped green onion and the sour cream mixture. Chill before serving. Can be made ahead, but keep the cucumbers and chopped onions in separate bowl from the sour cream mixture. (This cucumber salad can also be served with vinegar and sugar to taste.)

CUCUMBER SALAD #2 (Sałatka z ogórków)

2 c. cucumbers, thinly sliced	1 tsp. salt
1 green pepper, sliced	3/4 c. sugar
1 small onion, thinly sliced	1/2 c. vinegar

Salt the sliced cucumbers and set aside. Chop the green pepper and slice the onion. Squeeze the cucumbers to remove the excess water. In a small pan, bring vinegar and sugar to a boil. Cool. Pour over the salad and refrigerate overnight.

LEEK SALAD (Sałatka z porów)

4 leeks	1/2 c. sour cream
2 apples (tart)	Dash of sugar
1/2 c. mayonnaise	Salt and pepper

Wash the leeks thoroughly under running water. Slice the white part very thinly and chop the greens. Peel and core the apples and chop finely. Combine in a small bowl the mayonnaise with the sour cream, sugar, salt and pepper. Pour over the leeks and apples and mix well. Serve chilled.

SPINACH SALAD
(Sałatka ze szpinaku)

2 bunches fresh spinach	3 Tbsp. oil
1/2 lb. mushrooms	Dill
3 hard-boiled eggs	Salt and pepper
3 chopped green onions	Dash of sugar
Juice of 1 lemon	

Thoroughly wash the spinach under cold running water. Drain and tear spinach into bite-size pieces, discarding the stems. Wash the mushrooms and dry with paper towels. Slice very thinly. Chop the hard-boiled eggs. Combine in a salad bowl spinach, chopped green onions, chopped hard-boiled eggs. Combine in a small bowl the oil and lemon juice, a dash of sugar, salt and pepper. Just before serving, pour the dressing over the salad and toss.

POTATO SALAD
(Sałatka kartoflana)

2 lb. potatoes	1/2 c. sour cream
3 eggs	1/2 c. mayonnaise
6 green onions	Salt and pepper
6 chopped radishes	Sugar (to taste)
2 medium pickles	

Cook the potatoes and cut into small cubes. Boil the eggs and chop finely. Chop the green onions, and the pickles. Combine all ingredients in a large salad bowl. Mix mayonnaise with sour cream, and season with sugar, salt and pepper to taste. Mix well and serve chilled.

RADISH SALAD
(Sałatka z rzodkiewek)

3 or 4 bunches of radishes	Salt and pepper
1 c. sour cream	Dill
2 green onions	1 tsp. lemon juice
	1/2 tsp. sugar

Wash and trim the radishes. Slice very thin. Chop green onions, and add to the radishes. In a separate bowl, mix sour cream with lemon juice and sugar. Add to the radishes and add salt and pepper to taste. Garnish with dill.

TOMATO SALAD
(Sałatka z pomidorów)

4 large firm tomatoes	Vinegar or lemon juice
1 onion	A few drops of oil
Salt and pepper	

Wash and slice the tomatoes quite thin. Arrange tomato slices on a serving dish. Slice the onion very thin and arrange a circle of little ringlets on the tomato slices; or if you prefer, chop the onion and sprinkle the tomato slices with the chopped onions. Salt and pepper. Sprinkle vinegar or lemon juice over the tomatoes and onions, then sprinkle a few drops of oil. Serve chilled.

SAUERKRAUT SALAD #1
(Sałatka z kiszzonej kapusty)

1 lb. drained sauerkraut	1/4 c. oil
2 medium tart apples	2 tsp. sugar
2 large carrots	Pepper
1 small onion	

Peel the apples and dice. Grate the carrots, and chop the onion finely. In a salad bowl, combine the above with the sauerkraut. Add the oil and sprinkle sugar over the salad and toss well. Season with pepper to taste. Serve chilled.

SAUERKRAUT SALAD #2
(Sałatka z kiszzonej kapusty)

2 (16 oz.) jars sauerkraut	1 small jar pimiento
1 bunch of scallions	3 Tbsp. sugar
1 green pepper	3 Tbsp. oil
	Pepper

Rinse sauerkraut in cold water and squeeze well. Chop scallions and green peppers finely. Drain pimientos and cut into small pieces. Add sugar, oil and pepper to taste. (You may want to cut the squeezed out sauerkraut a few times for easier tossing and eating.)

MARINATED CARROTS
(Marchewka marynowana)

2 1/2 lb. carrots	1 c. brown sugar
2 medium green peppers	1/2 c. cider vinegar
2 medium onions	Salt and pepper to taste
1/2 c. oil	

Peel and wash carrots. Slice into 1/2 inch slices and cover with water. Cook until crisp (do not overcook). Drain and rinse under cold running water. Chop green peppers and onions finely. Prepare dressing as follows: Bring 1/2 cup oil, 1 cup brown sugar and 1/2 cup cider vinegar to a boil. Mix carrots with chopped onions and peppers, and pour marinade over it. Store in refrigerator in glass jars. (Can be stored for 4 weeks).

CELERY SALAD (Sałatka z selerów)

8 stalks of celery	5 Tbsp. vinegar
2 tart apples	1 Tbsp. sugar
1 medium onion	Salt and pepper
2 Tbsp. oil	

Wash the celery and slice into very thin slices. Peel the apples and chop finely. The onion must also be chopped very finely. Toss all of the above in a small salad bowl. Combine oil, vinegar, water, sugar, salt and pepper. Pour over the salad and toss. It is also very good the next day.

BIBB LETTUCE SALAD (Sałata ze śmietaną)

1 Bibb lettuce	Salt
1 c. sour cream	1 tsp. sugar
1 1/2 tsp. lemon juice	

Separate the leaves, and wash well under cold running water. Drain on paper towels. In a small bowl, mix sour cream with lemon juice, sugar and a bit of salt. Tear the lettuce leaves into pieces and just before serving, pour over it the sour cream dressing, and toss.

VEGETABLE SALAD (Sałatka jarzynowa)

6 medium boiled potatoes	2 finely chopped pickles
1 pkg. frozen peas and carrots	Miracle Whip salad dressing
3 tart chopped apples	Salt and pepper to taste
1 medium chopped onion	

Cube the peeled, boiled potatoes. Cook for 5 minutes the frozen peas and carrots and drain. Chop the onions, apples and pickles. Add to salad. Just before serving, add salad dressing to taste, and season with salt and pepper. Garnish with parsley, hard-boiled eggs and cherry tomatoes.

WARSAW SALAD (Sałatka warszawska)

2 medium cucumbers	2 Tbsp. lemon juice
6 large white radishes	1 Tbsp. chopped parsley
2 delicious apples	Black pepper
1/2 c. sour cream	

Wash cucumbers and radishes thoroughly; slice paper-thin; combine. Wash apples; core; slice thin. Add to vegetables; toss to mix. To serve, place vegetables and fruit mixture in serving bowl; top with dressing. Garnish salad with chopped parsley and freshly ground black pepper.

RED CABBAGE SALAD (Surówka z czerwonej kapusty)

1 small red cabbage, chopped	1/2 c. vinegar and water
1 medium chopped onion	3 Tbsp. soy sauce
2 Tbsp. oil	2 Tbsp. sugar
	Salt and pepper to taste

Mix together vinegar and water, adding sugar, then oil and soy sauce. Add cabbage and onion. Season to taste and chill a few hours. Excellent the following day as a leftover. Do not discard, since it improves with age!

RED CABBAGE SLAW (Sałatka z czerwonej kapusty)

4 c. boiling water	1 large apple, peeled and grated
4 c. shredded red cabbage	1 onion, grated
2 Tbsp. vinegar	3 Tbsp. lemon juice
(tarragon)	3 Tbsp. salad oil
1 Tbsp. salt	1/8 tsp. freshly ground black pepper

Pour the boiling water over cabbage. Add vinegar and salt. Mix and let soak for 5 minutes. Drain well. Place the cabbage in a large bowl. Add grated apple, onion, lemon juice, oil and pepper. Toss lightly. Chill for at least 1 hour before serving.

COTTAGE CHEESE POLISH STYLE

(Twaróg z rzodkiewkami)

2 c. cottage cheese
8 radishes

2 green onions
Salt and pepper

Wash and slice radishes. Chop finely the green onions and add both to the cottage cheese. Salt and pepper to taste.

SPRING SALAD #1

(Wiosenna Sałatka)

Try to use young vegetables.

1-2 c. chopped ham
1 c. sliced, cooked carrots
2 c. diced apples
2 c. diced potatoes, cooked

1 c. small green peas
1 c. chopped celery
1 c. chopped green or red
pepper

Dressing:

1 c. sour cream
1 c. mayonnaise

Salt, pepper (to taste)

Mix well ham with vegetables. Add dressing. For decorations use sliced hard-boiled eggs, parsley or fresh dill.

SPRING SALAD #2

(Wiosenna Sałatka)

2 c. creamed cottage
cheese
1 bunch radishes
2 bunches scallions
1 medium cucumber
1 avocado

1 Tbsp. sour cream (optional)
1 head lettuce
Salt and pepper

Chop all vegetables into small cubes. Combine with cottage cheese and sour cream. Serve on a bed of lettuce.

Vegetables



TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then **COUNT THE TIME RECOMMENDED FOR EACH** vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and **PACK AT ONCE**.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

VEGETABLES

RED BEETS (Cwikla)

6 medium cooked beets, peeled and grated	1 Tbsp. vinegar
3 Tbsp. butter	1/2 tsp. salt
1 Tbsp. flour	1/8 tsp. pepper
	1/2 c. sour cream

Melt the butter in a skillet. Stir in the flour and cook, stirring over medium heat for two to three minutes. Add the beets, vinegar, salt and pepper. Cook for one minute. Add sour cream. Mix well. Serve warm or cold. Serves six.

BEETS WITH APPLES (Buraki z jablkami)

1 lb. medium sized beets	1/2 c. sour cream
2 tart apples	Sugar and lemon juice to taste
2 Tbsp. flour	Salt

Wash and peel the beets and grate coarsely. Barely cover with boiling water and boil cook until tender. Add salt, sugar, and sprinkle flour; stir and bring to a boil. Season with lemon juice to taste. Peel and grate the apples coarsely and add to the beets. Add sour cream and serve.

CAULIFLOWER Á LA POLONAISE (Kalafior po polsku)

1 large cauliflower	2 hard-boiled eggs, sieved
1/2 c. butter, melted	1/2 c. bread crumbs

Place cauliflower in enough boiling, salted water to cover it. Simmer gently until tender, but still firm. Drain well, place in a vegetable dish and keep warm in the oven. Fry the bread crumbs until golden brown. Place butter in a frying pan and allow to just change color to a light brown. Add the sieved eggs and bread crumbs. Pour the mixture over the top of the cauliflower. Serve garnished with parsley.

SAUERKRAUT WITH APPLES
(Kapusta kiszona z jabłkami)

2 apples, peeled, cored and chopped	1/4 c. margarine
2 onions, chopped	1 (27 oz.) can sauerkraut
	Sugar and salt to taste

Saute apples and onions in margarine until tender. Add sauerkraut. Cook, stirring for 30 minutes, until done. Add sugar and salt to taste. Good with pork chops.

SAUERKRAUT WITH MUSHROOMS
(Kapusta kiszona z grzybkami)

2 lb. sauerkraut, rinsed, drained and chopped	2 Tbsp. butter or shortening
1 lb. fresh mushrooms or 1 oz. dried mushrooms	1/2 c. water
1 large onion, diced	2 Tbsp. flour
	Salt and pepper to taste

Soak the dried mushrooms in water for 1-2 hours. In a large skillet, saute sliced mushrooms and onion for 3 minutes. Add sauerkraut. Cook and stir for 10 minutes. Blend 1/3 cup water into the flour and mix with sauerkraut. Cook, stirring for 30 minutes, until tender. Season to taste.

MUSHROOMS À LA POLONAISE
(Grzybki po polsku)

1 lb. sliced mushrooms	1 c. sour cream
1 medium onion, chopped	3 Tbsp. flour
8 Tbsp. butter	Salt and pepper

Melt the butter in a large skillet; add the onions and simmer for a minute. Then add the sliced mushrooms and simmer on medium heat for a few minutes; then add the flour stirring constantly. Cook over low heat for a few minutes and add sour cream. Salt and pepper to taste. Serve immediately.

CHANTERELLES WITH WINE
(Kurki z winem)

5 shallots	1/4 c. white wine
1/4 c. butter	1/2 c. cream
5 c. chanterelles, cut in strips	2 tsp. dill, finely chopped
	Salt and pepper to taste

Melt butter; add finely chopped shallots and saute 2-3 minutes. Add chanterelles, salt and pepper. Stir 3 minutes. Add white wine and bring to a boil. Add dill and cream. Simmer 3 minutes.

FRIED POTATOES (Smażone ziemniaki)

1 lb. cold, boiled potatoes (can be leftovers)	2 Tbsp. margarine (other shortening)
2 Tbsp. butter	1/2 c. cold water

Slice boiled potatoes. Place in a sieve and pour cold water. Let drain. In a heavy skillet, heat half of the butter and margarine until very hot. Place potatoes in a pan. Do not stir or move. Lower heat to medium. Fry about 10 minutes until brown. Add remaining shortening and turn gently with a spatula to brown the other side.

CABBAGE WITH TOMATOES (Kapusta z pomidorami)

1 head cabbage (1 1/2 - 2 lb.), shredded	2 Tbsp. butter or margarine
1 large or 2 medium tomatoes, coarsely chopped	2 Tbsp. flour
1 tart apple, chopped or shredded	1 large or 2 small onions, chopped fine
	1 bay leaf
	Salt and pepper, sugar, pinch of mixed herbs

Cook shredded cabbage with bay leaf in a small amount of water until tender, about 15 minutes. At the same time, cook chopped tomatoes in 1/4 cup water until tender. Put through a sieve. When cabbage is almost done, add shredded apple and cook 5-10 minutes longer. Saute onion in butter or margarine until golden; add 2 tablespoons flour and mix. Add some liquid from the cooked cabbage or bouillon (about 1/2 cup), and cook stirring for a few minutes. Add tomatoes and continue cooking until smooth and bubbly. Combine with cooked cabbage; add salt, pepper and sugar to taste, and heat thoroughly together. Especially good when served with pork dishes.

GREEN BEANS WITH ALMONDS
(Fasolka z migdałami)

1 lb. green beans, washed and trimmed	1 tsp. lemon juice
1/2 c. butter	Salt to taste
3 Tbsp. water	1 c. blanched, shredded almonds
	Pepper

Drop the beans into lightly salted, boiling water. Cook gently until tender. Drain. Remove the beans to a warm serving dish. In a heavy pan, slowly brown the shredded almonds in 1/4 cup of butter. Add another 1/4 cup of butter, water, lemon juice, salt and pepper. Pour the almond mixture over the beans and serve.

WAX OR GREEN BEANS WITH
BUTTERED BREAD CRUMBS
(Fasolka)

1 lb. wax or green beans	1/2 c. bread crumbs
1/2 c. butter	

Trim and wash the beans. Cover beans with salted boiling water. Cook gently until tender. Drain and cover. In a small skillet, melt butter; add the bread crumbs, stirring until browned. Place beans on a hot serving dish and smother with butter and bread crumb mixture. Serve immediately.

Leeks, brussel sprouts, asparagus and cauliflower may be served in this manner.

HERBED ZUCCHINI AND CARROTS
(Kabaczki z marchewką)

2 large zucchini	1 Tbsp. sugar
4 carrots	1/2 tsp. marjoram
4 Tbsp. oil	Salt and pepper to taste
4 Tbsp. cider vinegar	

Peel the carrots and cut into julienne strips. Cover with water and bring to a boil. Meanwhile, wash and cut the zucchini into julienne strips. Add to the boiling carrots and cook for 5 minutes. Drain and add oil and vinegar combined with the sugar. Toss, add marjoram and season to taste. Can be served hot or cold.

KOHLRABI (Kalarepa)

8 medium kohlrabi	1/2 Tbsp. chopped parsley
4 Tbsp. butter	Salt to taste
1 Tbsp. flour	1/2 tsp. sugar
1 Tbsp. chopped dill	

Wash, peel, and cut the kohlrabi into julienne strips. Cover with boiling water and cook until tender. Add salt, sugar and sprinkle flour over the kohlrabi. Stir and bring to a boil. Add butter and stir. Garnish with chopped parsley and dill.

POTATO/TOMATO BAKE (Zapiekanka z ziemniaków i pomidorów)

2 lb. potatoes	8 Tbsp. butter
1 lb. tomatoes	4 oz. heavy cream
4 hard-boiled eggs	1 Tbsp. dill
1 large onion, sliced	

Peel potatoes, cook until tender. Cool and slice. Slice the eggs, tomatoes, onion. Grease the baking dish with butter. Place a layer of potatoes, then a layer of eggs, followed by a layer of tomatoes, and finally the onions. Dot with butter. Repeat. The top layer should be the sliced potatoes. Cover with salted heavy cream and place in a 350° oven for 1/2 hour.

CHEESE DUMPLINGS (Leniwe pierogi)

8 oz. Farmer's cheese	1/2 c. all-purpose flour
1 large egg	1/2 tsp. salt

Garnish: One and one-half tablespoons bread crumbs, sauteed in 3-4 tablespoons butter or strawberries and sour cream.

Using fork for the whole process, in a medium bowl, mash the cheese and beat in the egg, then stir in the 1/2 cup flour and salt. Rub clean pastry cloth with extra flour (about 1/4 cup) and turn out the dough onto it; flip over dough to flour, and flatten to a small rectangle. Roll out to a 7x6 inch rectangle 1/2 inch thick. With a diamond-shaped cookie cutter, (each side 1 1/4 inches long) cut out dumplings. Reroll leftover dough. Or roll dough with the palms of your hands

into long rolls 3/4 inch thick, flatten slightly with a knife and cut diamond shaped dumplings. Drop dumplings onto a boiling salted water in a 5-6 quart saucepan in one or two batches. They will sink. Boil till dumplings all come to the top--a matter of minutes. Continue boiling 2 more minutes. Carefully remove with a slotted spoon. Serve at once, with any of the above toppings. The dumplings have a lovely mild cheese flavor and are chewy but not really tough. Makes about 32 dumplings.

RAW POTATO DUMPLINGS (Pyzy)

2 c. peeled and grated (in a blender) potatoes	3/4 c. flour Salt
2 c. mashed boiled potatoes	3 slices bacon, diced 1 onion, diced
1 egg	

Drain and squeeze the raw potatoes well. Combine with boiled ones, egg and salt. Form small balls. Roll each in flour. Drop dumplings into a large kettle with boiling, salted water. Cover, bring to a boil. Cook uncovered on high heat until they float. Transfer with slotted spoon onto a warm serving platter. Fry bacon with onion till golden. Pour over the dumplings. Serve with braised meats. Serves 4.

POTATO DUMPLINGS (Kopytka)

4 c. cooked potatoes	5 Tbsp. butter
2 c. flour	2 Tbsp. bread crumbs or
1 egg	2 slices bacon
Salt	

Clean potatoes, cook in skins, peel, mush, cool and measure. Mix with flour, egg and salt. Roll out on a floured board, cut and shape into small balls or finger-shaped dumplings. Flattened balls with a well in the middle are called kopytka. Cook in a large kettle in boiling water for 5 minutes. Remove with a slotted spoon. Pour over 2 tablespoons melted butter to prevent sticking. Place on a warm platter. Add bread crumbs to the butter, fry for a few minutes, stirring. Pour over dumplings. Or use fried bacon crumbs and drippings instead. Serves 6. Serve with meat dishes.

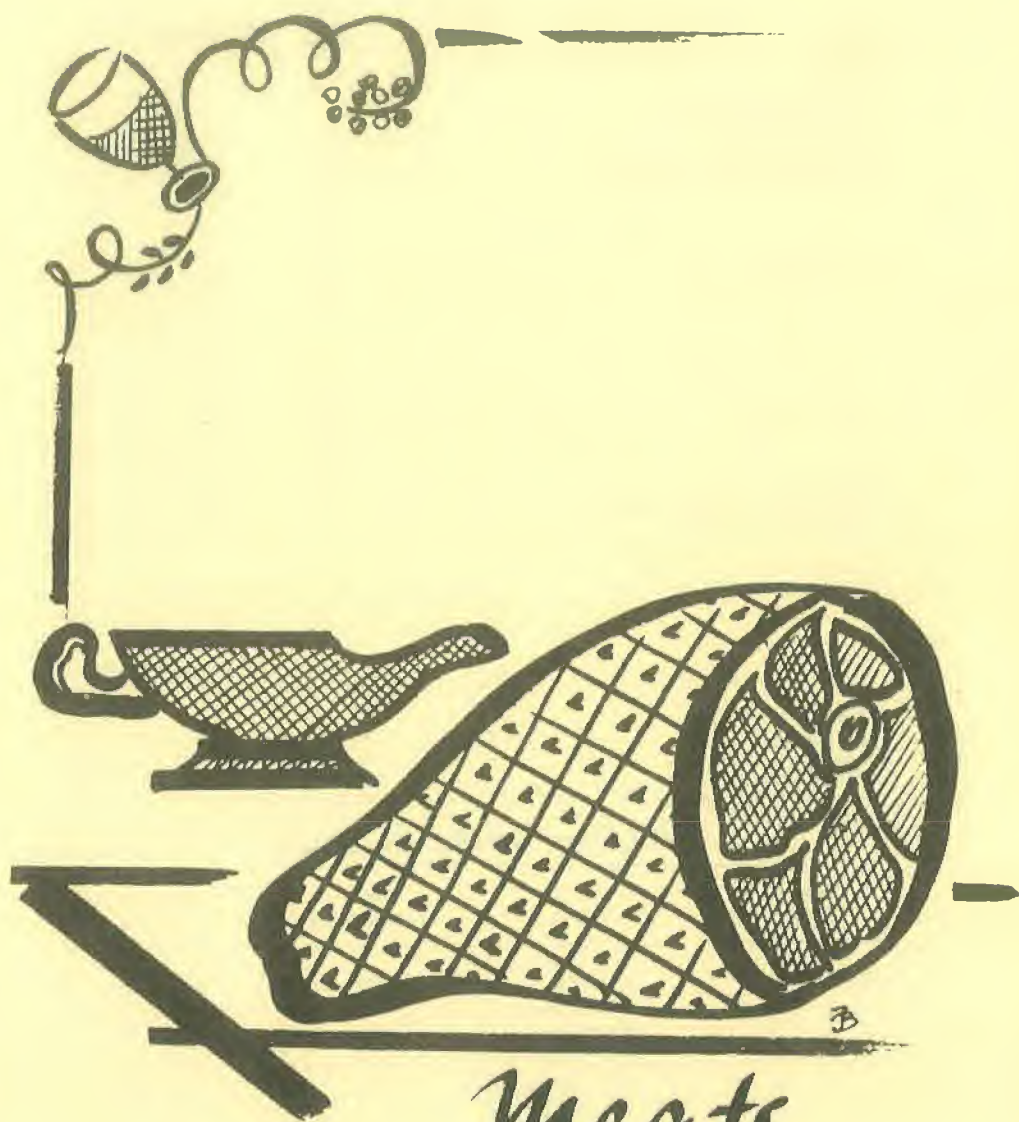
POTATO PANCAKES
(Placki kartoflane)

8 large potatoes, peeled and grated	4 Tbsp. flour Salt
1 large onion, grated	Bacon drippings for frying or oil
1 egg	

Pour off a little of the excess liquid from the grated potatoes. Add onion, egg, flour and salt. In a large skillet or on a griddle, melt bacon drippings. Using a large spoon pour potato pancake mixture and flatten with back of spoon. Brown on both sides. Serve with meat dishes or by themselves with sour cream or tart preserves.

** NOTES **

** NOTES **



Meats

MEAT ROASTING GUIDE

Cut	Weight in Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10-inch ribs)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled Ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¼ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump ²	5	2¼ 3 3¼	140° (rare) 160° (medium) 170° (well done)
Sirloin tip ² ² Roast only if high quality. Otherwise, braise.	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MEATS

PIEROGI

(With meat or cabbage fillings)

Dough:

4 c. flour	1 c. water
1 egg	Salt

Mix the flour, egg and salt in a bowl, adding water until dough is soft. Knead on a floured board until smooth. (It is easier to work with it if it is chilled for 30 minutes). Divide the dough in two, and roll out on a floured surface as thin as possible. Using a 3 inch cookie cutter or a glass, cut out rounds. Place filling in center, then fold over and pinch the dough all around, making sure it is sealed tightly. You may also cut the dough into 2 1/2 inch squares if you so desire.

Food Processor Dough:

2 c. flour	3/4 c. warm water
1 egg	Salt

The rolling out process is made easier with a pasta machine. Roll out dough at indicator 4 for thin dough. Pierogi may be frozen on cookie sheets dusted with flour. After they are frozen individually, place them in plastic freezer bags and store in a freezer.

Cooking: Fill large pot with water, adding a bit of salt. Bring to a boil. Drop in the Pierogi, and stir around gently with a wooden spoon. When the Pierogi rise to the top, continue cooking for a few more minutes. Garnish with butter and bread crumbs heated and browned in a small skillet.

Cabbage Filling (Farsz z kapusty):

2 lb. chopped cabbage	Bacon drippings
1 large chopped onion	Salt and pepper

Boil the chopped cabbage for 10 minutes. Drain on a sieve. In a large skillet, brown the chopped onion in bacon drippings. Add the chopped cabbage and fry at low heat for half hour until cabbage is beige. Salt and pepper generously, to taste. Mushrooms (chopped) may also be added, for better taste.

Meat Filling (Farsz z mięsa):

- | | |
|----------------------------------|--------------------------------------|
| 2 lb. beef, roasted or
boiled | 1 large onion, chopped |
| 2 slices of white bread | 4 Tbsp. butter or bacon
drippings |
| | Salt and pepper |

Grind the meat. Soak bread in water and squeeze out. Add to the meat. Brown onion in butter or bacon drippings and add with the fat to the meat. Season and blend well.

HUNTER'S STEW (Bigos)

- | | |
|---------------------------------|--|
| 1 lb. beef | 2 dried mushrooms, cooked until
soft in a small amount of water |
| 2 lb. pork, roasted or
fried | 1/2 lb. bacon, sliced and
browned (reserve bacon fat) |
| 1 lb. ham | 2 medium onions, diced |
| 1/2 lb. Polish sausage | 2 Tbsp. flour |
| 3-4 lb. sauerkraut,
chopped | 1 c. red wine (optional) |
| 3-4 lb. cabbage, chopped | Salt and pepper to taste |

Cut all meats including the sausage into small pieces. Brown the onion in the fat reserved from bacon. Add flour and stir until blended. Add the sauerkraut, the cabbage and mushrooms with the liquid in which they were cooked. Add all the meats, including the sausage and bacon. Season to taste. Simmer tightly covered for 3 hours. The wine may be added at the end. Bigos may be reheated again and again. It improves with each reheating.

BEEF ROLLS (Zrazy)

- | | |
|---|--|
| 4 thin slices sirloin tip
or round steak | 1 pickle, cut lengthwise into
eighths |
| 4 strips of bacon | 1/2 c. sour cream |
| 1 onion | 3 tsp. mustard |
| | Salt and pepper to taste |

Spread mustard on each slice of meat; top with slices of onion, bacon and pickle. Roll and tie with string or secure well with toothpicks. Roll in seasoned flour and brown in butter. Cover with one cup water and simmer one hour until meat is tender. Add the sour cream, remove toothpicks and place on dish. Garnish with parsley before serving. Serve with buckwheat kasza.

PORK TENDERLOIN IN SAUCE (Zrazy)

2 lb. pork tenderloin	6 Tbsp. butter
1 c. flour	1 pt. sour cream
Salt and pepper	

Slice the pork tenderloin into 3/4 inch slices. Beat into patties, then dredge in flour mixed with salt and pepper. Fry in butter for a few minutes, until brown on both sides. When all are browned, place back in the frying pan all the tenderloin patties, and add the sour cream. Heat at medium temperature for a few minutes and serve immediately. Serve with buckwheat kasza.

BEEF WITH MUSHROOMS (Zrazy z grzybkami)

1 1/2 lb. beef brisket, sliced	1/2 c. water
1 3/4 tsp. flour	2 onions, sliced
2 Tbsp. shortening	6 oz. mushrooms, sliced
	Salt and pepper to taste

Pound the meat well. Sprinkle with salt, pepper and flour. Brown in hot shortening. Transfer to a saucepan; add water. Fry the onions in the drippings. Add to the meat. Simmer for 1 hour. Add the mushrooms. Simmer another 15 minutes. Bring to a boil for 2 minutes. Serves 4.

POLISH HAMBURGERS (Kotlety siekane)

1 lb. lean ground beef	1/3 tsp. pepper
1 medium onion, chopped	1/4 tsp. garlic salt
1 egg	6 Tbsp. shortening
2 slices of white bread	1/2 c. bread crumbs
1 tsp. salt	

Soak bread in milk. Remove edges and squeeze. Mix ground beef, soaked bread, chopped onion, egg, salt, pepper, and garlic powder. Form patties, then coat with bread crumbs. In a heavy skillet, heat the shortening and fry the hamburgers for a few minutes on both sides. Simmer for a few minutes and serve. Serve with boiled potatoes or rice.

CABBAGE ROLLS (Golabki)

12 large unbroken cabbage leaves	1 c. steamed rice
2 Tbsp. of lard	1 tsp. salt
1 lb. pork (ground)	1/2 tsp. pepper
1 lb. lean ground beef	1 tsp. marjoram
	2 bay leaves

Steam the cabbage leaves in water until slightly wilted. Drain and cool. Brown the onion in the lard. Mix rice with meat and add onion, pepper, salt and marjoram. Divide this mixture onto cabbage leaves. Roll up and tuck in the ends. Place the cabbage rolls in deep casserole dish, cover with water, add 1/2 teaspoon of salt and bay leaves. Cover casserole and bake in oven at 325°F. for 2 hours. When ready, can be served with fried mushrooms or tomato sauce.

BOILED BEEF (Sztuka mięsa)

2-3 lb. beef chuck	Piece of cabbage
1 large onion	1 celery stalk (with leaves)
3 carrots	Salt and pepper
1 parsnip	

Place the meat in a large pot, cover with water. Add peeled carrots, the celery and onion, as well as peeled parsnip. Salt to taste. Bring to a boil, skim and simmer on low heat for 2-3 hours.

Serve with horseradish sauce while still piping hot. Reserve the bouillon for soup, or serve in a cup with the boiled beef.

SAUERBRATEN (Pieczeń na dziko)

1 beef rump roast (4-5 lb.)	2 bay leaves
1 qt. water	2 tsp. salt
2 c. dry red wine	Pepper
1 c. vinegar	1/2 c. flour
10 cloves	2 Tbsp. fat
1 Tbsp. brown sugar	4 large carrots, sliced
1 clove garlic, minced	1 can condensed beef broth
1 large onion, chopped	1 c. celery, sliced

Place meat in deep bowl. Combine water, wine, vinegar, onion, sugar, bay leaves, garlic and cloves. Pour over beef. Cover and refrigerate for 3 days, turning meat occasionally. Drain off liquid, strain and save. Dredge meat with 2 table-spoons flour. Brown in fat in heavy skillet. Add 3 cups of the strained liquid and vegetables. Cover and cook slowly until tender, about 4 hours. Remove meat to hot plate. Blend remaining flour with 1/2 cup of strained liquid; add condensed broth. Process vegetables in blender until very smooth. Add to the broth. Cook, stirring constantly until thickened. Taste sauce and season with salt and pepper. Serve gravy separately.

BEEF CUTLETS WITH SOUR CREAM (Wołowe kotlety w śmietanie)

2 lb. top round steak	Butter
1 Tbsp. flour	Salt and pepper
6 dried mushrooms	4-6 potatoes
2 c. sour cream	Paprika
1 onion, chopped	Flour for coating

Cut the meat in pieces. Pound and salt. Coat with flour and brown in butter. Cook the mushrooms in butter on the side and combine with beef when tender, adding the pan drippings too. Add enough water to prevent burning. Simmer for 30 minutes and add 2 sliced potatoes. When potatoes are almost tender, add sour cream mixed with flour. Simmer for 5 minutes and serve.

BEEFSTEAK WITH ONION (Befsztyk z cebulą)

2 lb. beefsteak, cut into strips about the size of French fried potato strips	1/2 tsp. finely chopped garlic
3 Tbsp. oil	1 1/2 c. beef stock
3 Tbsp. butter	2 Tbsp. white vinegar
1 1/2 c. chopped onion	Salt and pepper to taste
	The Sauce: 1 Tbsp. flour, 1 c. sour cream

In a heavy skillet, heat oil and butter. When the foam subsides, add the meat and brown it on sides. Remove it to a platter. Pour off most of the fat; add onion and cook them, stirring occasionally until they are lightly colored. Add the garlic. Cook 3 minutes more. Add vinegar and generous

grinding of pepper. Pour in the stock and bring to a boil. Return the meat to the pan and boil again. Turn the heat to low and simmer the meat for 15 minutes or longer until it is tender.

The Sauce: Beat the flour into the sour cream. Whisk the mixture into the skillet, then turn the heat to its lowest point and simmer for 5 minutes without letting the sauce reach the boiling point. Pour the sauce over the meat or serve in a sauceboat.

FRESH POLISH SAUSAGE (Świeża kiełbasa)

2 lb. fresh Polish sausage	4 Tbsp. bacon drippings or
2 large onions (slices)	4 Tbsp. butter

Cover the sausage with boiling water, and cook for 20-25 minutes. In a large skillet, brown the sliced onion in bacon drippings or butter. Place hot sausage on top of onions and simmer at low heat for 4 minutes on each side. Serve with hot boiled potatoes and sauerkraut.

POLISH HAM IN MADEIRA SAUCE (Polska szynka w sosie z madery)

2 lb. Polish ham (canned), sliced 1/4 inch thick	1/4 c. Madeira or dry sherry
2 Tbsp. oil	2 Tbsp. Dijon mustard
4 Tbsp. butter	1/2 Tbsp. tomato paste
4-6 green onions, chopped	1/2 c. heavy cream
	1/2 c. beef stock

Brown ham slices on both sides in oil and butter. Remove from the pan and keep warm. Into the same pan, add the chopped green onion and cook, stirring for a few minutes. Then add the wine and the beef stock and cook a little longer. In a small bowl, mix together the Dijon or other strong mustard and tomato paste. Slowly stir in heavy cream. Combine with the wine/stock mixture. Place the ham back in the pan, reheat basting with the sauce. Serve with rice. 6-8 servings.

POLISH PORK CHOPS
(Polskie kotlety schabowe)

4-6 loin pork chops	1/2 c. sour cream
4-6 Tbsp. chopped onion	1 medium dill pickle
	3 Tbsp. dry sherry
1 c. tomato sauce	Salt & freshly ground pepper

In a lightly greased skillet, brown the pork chops on both sides over a brisk heat. Cover, reduce the heat and cook slowly until chops are almost tender, about 20 minutes. Add the chopped onion, cover and continue cooking until onion is soft, about five minutes longer. Add the tomato sauce and sour cream and heat--but do not bring to boiling point. Stir in sherry, chopped pickle, salt and pepper to taste just before serving.

SMOKED PORK CHOPS WITH SAUERKRAUT
(Wędzone kotlety schabowe z kapustą)

6 smoked pork chops	3/4 c. dry white wine
4 slices of bacon	1/4 tsp. salt
1 1/2 c. chopped onion	1 tsp. cumin seed, ground
2 c. peeled and coarsely chopped tart apples	1/2 tsp. peppercorns, ground
2 lb. sauerkraut, rinsed and drained	2 Tbsp. chopped fresh parsley

Cut bacon into 1-inch pieces. In a skillet, cook bacon with onion over moderate heat until the onion is tender. Add apples and cook for 3 minutes more. Stir the ground spices into the onion mixture; add sauerkraut, wine, salt and mix well. In a casserole, layer smoked pork chops between the sauerkraut mixture and bake the mixture covered in a preheated oven (350°F.) for one hour. Garnish with parsley before serving. Serves 6.

PORK LOIN IN CRUST
(Połędwica w cieście)

Crust:

11 oz. flour	Salt to taste
5 1/2 oz. butter	Water
1 egg yolk	

2 1/2 lb. pork loin
2 oz. butter

1 small jar tarragon-flavored
mustard
Salt, pepper to taste

Prepare pastry crust. Mix flour with butter and salt. Add just enough water to make a smooth dough. Dust the dough with flour, wrap in wax paper and set aside while you prepare the pork. Place pork in ovenproof dish, dot with small pieces of butter, sprinkle with salt and pepper, bake one hour in a hot oven at 425°F. Let cool for a few minutes. Roll out pastry dough on a lightly floured working surface. Generously spread mustard over dough. Remove string from meat. Place meat on dough. Roll pastry around meat and seal well. Prick the top of the pastry with a fork. Mix egg yolk with a little cold water. Brush egg yolk mixture over pastry. Place on a buttered pan and bake in a hot oven for 45 minutes (425°F.). If crust browns too quickly, cover with aluminum foil. Serve immediately.

PORK WITH SAUERKRAUT (Wieprzowina z kiszoną kapustą)

2 lb. lean pork shoulder,
cut in 2 inch cubes
1 large onion, sliced
1/2 tsp. caraway seeds
1 c. sour cream

1 tsp. salt
1 Tbsp. shortening
1 lb. sauerkraut
Water (as needed)

Melt shortening and brown meat with onions. Add a small amount of water to cover half of meat. Simmer for 1 1/2 hours until meat is tender. Add sauerkraut and cook for 1/2 hour more. If necessary, add more water. When done, add sour cream. Mix well and serve with potato dumplings.

LAMB SHASHLIK (Szaszłyk barani)

2 lb. of lamb
1 qt. of natural yogurt

1 large onion
Salt and pepper

Cut lamb into 1 1/2 inch cubes, making sure it is trimmed of all fat. In a glass pan, mix the meat with the yogurt, adding to it grated onion. Mix well. Refrigerate for 4 hours or overnight. Place meat on skewers and (optional) add green pepper, onions, mushrooms, alternately. Broil in oven or on barbecue until done. Serve immediately. Serves 6.

ROAST OF LAMB
(Pieczona noga barania)

6-8 lb. leg of lamb
Salt

Freshly ground pepper
3 large cloves of garlic

Very carefully trim all the fat from the leg of lamb making sure that the meat is not cut. Make incisions in the meat and insert a slice of the garlic. Rub with salt and sprinkle with freshly ground pepper. Preheat oven to 400°, place lamb in oven and reduce heat to 350°. Roast for 2 hours or more if you want it well done. Serve immediately. Cold lamb is not too tempting.

LAMB STEW
(Duszona baranina)

1 1/2 lb. lamb shoulder,
cut in 1 inch cubes
2 Tbsp. butter or
margarine
2 Tbsp. flour
1 1/2 tsp. sugar
1 tsp. salt
1 c. chicken broth
1 c. white wine
2 large tomatoes, coarsely
chopped

4 large carrots, pared and
quartered
1 clove garlic, minced
1 bay leaf
1/4 tsp. thyme
3 potatoes, pared,
quartered
6 small onions
1 (10 oz.) pkg. frozen cut
green beans
1 (10 oz.) pkg. frozen peas
1/4 tsp. pepper

Brown lamb cubes on all sides in butter. Sprinkle flour, sugar, salt and pepper. Cook over low heat for 10 minutes. Add broth, wine, tomatoes, garlic, bay leaf and thyme. Bring to boil; reduce heat, cover and simmer for 1 hour. Add potatoes, carrots and onion. Cook, covered, over low heat 35 minutes. Add beans and peas; cook 5 minutes more. Serves 6.

RABBIT

(Zając pieczony)

1 rabbit (2-3 lb.),	1 c. bouillon
cut up	1/2 c. white wine
Flour, salt, pepper	1 bay leaf
to coat	1 c. sour cream
1/2 c. butter	1/4 tsp. nutmeg
1 medium onion	
1 clove garlic	

Wash the rabbit parts and pat dry with paper towels. Coat each piece in flour, with salt and pepper added. Slice onions and garlic clove and saute in butter for a few minutes. Brown rabbit pieces; add bouillon, white wine, and bay leaf. Bake in a Dutch oven or a covered baking dish for 2 hours at 350°. Remove rabbit pieces and place on heated serving dish. Stir sour cream and nutmeg into left over broth. Pour sauce over rabbit pieces and serve immediately.

ROAST DUCK WITH APPLES

(Kaczka nadziewana jabłkami)

1 duck (4-5 lb.)	3 large Granny Smith apples
Salt	

Preheat oven to 250°. Wash the duck and pat dry with paper towels. Rub inside and outside of duck with salt. Peel and core apples. Cut into eighths. Pack the apples tightly in the cavity and secure the opening and neck skin to the back with skewers. Roast the duck on a rack for 2-4 hours at 250°. One hour before serving, pierce the skin all over with a fork, and increase the heat to 400°. To check for doneness, pierce the thigh with a sharp knife, and if clear yellow juice comes out of it, it is done. If it is pink, leave in oven for another 10-15 minutes. (Serve with red cabbage.)

ROAST STUFFED CHICKEN

(Pieczona kura z nadzieniem)

1 young chicken	1 Tbsp. parsley, chopped
6 Tbsp. bread crumbs	Salt and pepper to taste
1 c. milk	Garlic, pressed
4 Tbsp. butter	2 eggs, beaten
Chicken liver, chopped	

Rub the chicken with salt and garlic inside and out. Combine chicken liver with eggs, bread crumbs, milk, parsley, salt and pepper. Stuff the chicken and rub it with butter. Bake in the oven (350°F.) for 1 hour.

CHICKEN IN DILL SAUCE (Kury w sosie koprowym)

2 medium chickens	Salt and pepper
1/2 c. flour	1 1/2 c. water
3-4 Tbsp. margarine	Dill Sauce

Wash the chicken and cut into serving pieces. Salt and dredge in flour. Brown on both sides. Place chicken parts in a large skillet or pot and pour over it 1 1/2 cups of water. Simmer for approximately 1 - 1 1/2 hours. Serve with Dill Sauce.

CHICKEN LIVERS (Wątróbki z kury)

1 lb. chicken livers	2 Tbsp. onion, chopped
6 slices bacon	2 Tbsp. parsley, chopped
1/4 c. flour	4 chicken bouillon cubes
1/2 c. water	1/2 tsp. salt
1/2 c. sliced mushrooms	Black pepper to taste
2 tsp. lemon juice	

In a large skillet, fry bacon until crisp. Drain on paper towels. Cut chicken livers in halves and dredge with salt, pepper and flour. Brown onion in bacon fat; add livers and saute until browned. Gradually add water, stirring until smooth. Add bouillon cubes, mushrooms and lemon juice. Cook until blended, about 5 minutes. Crumble bacon into small pieces and add to the mixture. Pour into center of macaroni ring and garnish with parsley.

CHICKEN LIVERS IN SAUCE (Kurze wątróbki w sosie)

1 lb. chicken livers	Salt and pepper
1 c. flour	1 c. milk

Dredge the chicken livers in flour mixed with salt and pepper. Fry in butter or margarine on both sides until

browned. Set aside and continue until all are fried. Place all the chicken livers back in the same frying pan and pour one cup of milk over them. Stir gently with a wooden spoon, until sauce is formed. If necessary, add more milk. Serve with rice.

MUSHROOM STUFFED GAME BIRDS (Kurki nadziewane grzybkami)

4 partridges or Cornish hens	1/3 c. butter
1 c. chopped giblets from 4 game birds	4 c. soft bread cubes
1 c. chopped mushrooms	2 Tbsp. minced parsley
1/4 c. minced onion	1/4 tsp. pepper
	3/4 tsp. salt
	1/2 lb. salt pork strips

Gravy:

1/4 c. drippings	1 tsp. salt
1 1/2 c. water	1/4 c. butter
1/4 c. dry sherry	1 c. mushrooms, sliced

Saute mushrooms, giblets and onion in butter. Add bread cubes, parsley, pepper and salt. Stuff body and neck of Cornish hens or partridges. Tuck wings under. Place on rack in shallow pan. Lay salt pork strips on breasts. Roast at 350°F. for 45 minutes or until tender. Remove pork strips for last 15 minutes. Strain drippings. In skillet, combine drippings, 1 1/4 cups water and salt; blend 3 tablespoons flour with 1/4 cup water. Add to skillet. Cook, stirring constantly, until thickened. Add sherry. Add to gravy sliced mushrooms sauteed in butter. Heat. Arrange birds on a bed of white or wild rice. Four servings, one bird per person. Serve with white wine, peas and salad.

CHICKEN GALANTINE (Kura w galarecie)

Stock:

8 c. water	Chicken giblets, wings, bones
8 oz. mixed vegetables (as for soup)	Bay leaf, whole peppercorns and allspice

Meat Mixture:

6 oz. boneless veal
5 oz. boneless pork
3 oz. calf liver
Liver from chicken
1 onion, coarsely chopped
2 eggs

1/2 c. bread crumbs or dry white
bread or roll
5 oz. smoked sausage or tongue
3 oz. dill pickles
1/2 c. fresh chopped parsley
Salt, pepper, nutmeg to taste

Aspic:

3 c. chicken stock
2 Tbsp. gelatin

2-3 egg whites to clear aspic

Garnish: Tomatoes, hard-boiled eggs, cucumbers, lettuce leaves.

Rinse chicken. Cut off wings at second joint. Score meat and remove bone of the remaining part of wing. Score meat on legs, separate meat from bone; break bone at knee joint. Use bones for stock. Turn chicken onto breasts and cut skin along the spine. Working with fingers and small sharp knife, separate meat from carcass and thigh bones, being careful not to break skin. Lay out meat and salt lightly. Cut off slices of meat, placing them where meat is thin, so as to achieve an even thickness.

Meantime, cook stock with giblets, bones and vegetables. Prepare meat stuffing: Cook pork with onion till done in 1 1/2 tablespoons butter or margarine, covered. Soak stale bread or roll in stock and squeeze out. Grind three times on meat grinder (or in food processor) raw veal, stewed pork, liver and stale bread. Add salt, pepper, nutmeg, 2 eggs and about 3 tablespoons water to meat mixture and knead well. Spread stuffing on the meat in an even layer. Arrange slices or strips of sausage or tongue on top of stuffing. Do the same with pickles if used, and parsley. Roll like a jelly roll and sew up skin. Roll in napkin or cheesecloth and secure with string tied at intervals. Place in strained boiling stock and cook about 2 hours. Cool in stock pressing the meat with weighted board.

Next day, remove the meat and cook down stock to 3 cups. Add gelatin to stock, clear it with egg whites and chill. Cut gelatin into slices about 1 centimeter thick and arrange on platter. Garnish with slices of hard-boiled eggs and vegetables in season. Pour aspic over all. Chill. Garnish edges with lettuce leaves. Serve with tartare sauce.

TURKEY BREAST IN MUSTARD (Pierś indycza w musztardzie)

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|------------------------------------|------------------------|
| 1 1/2 lb. turkey breast,
cooked | 3 small onions |
| 1 heaping tsp. Dijon
mustard | 1/2 stick butter |
| 1 c. cream | Finely chopped parsley |
| | Salt, pepper |

Slice turkey into strips. Blend together mustard, cream, onion, salt and pepper. Butter on ovenproof dish with 1/2 the butter. Arrange alternate layers of turkey and mustard mixture in dish. Dot top with small pieces of the remaining butter. Cook in medium oven (325°F.) for 20 minutes. Serve immediately. Serves 6.

VEAL STEW (Gulasz cielęcy)

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|---|--|
| 2 1/2 lb. boneless veal
shoulder, cut in
1-inch cubes | 1 1/2 c. red wine |
| 4 slices bacon | 1/2 c. dry sherry |
| 3 Tbsp. minced onion | 1 1/2 Worcestershire sauce |
| 1 medium clove garlic,
minced | 2 Tbsp. butter |
| 3 Tbsp. flour | 1 jar (about 1 lb.) tiny white
onions, cooked |
| 2 c. chicken broth | 1/2 lb. small green peas |
| 1 Tbsp. salt | 1 lb. small baby carrots,
cooked |
| 1/8 Tbsp. ground black
pepper | 1/2 lb. fresh mushrooms |

Saute bacon in heavy saucepan until crisp. Remove bacon. Heat drippings until hot. Add veal and brown on all sides. Remove and set aside. Add onion and garlic; saute 3 minutes; add flour and stir. Return veal to pot. Stir in stock, salt, pepper, red wine and Worcestershire. Bring to boiling point. Simmer covered until veal is tender, about one hour. In skillet, melt butter; add mushrooms. Saute 3 minutes. Add carrots, onion, mushrooms and sherry to stew during last 5 minutes of cooking. Spoon into serving dish. Sprinkle with chopped dill or parsley. Makes 6-7 servings.

VEAL ROULADE (Ciełeca rolada)

4 slices veal	Freshly ground black pepper
Butter	Salt
4 large flat mushrooms	2 Tbsp. ground hazelnuts
4 slices smoked ham	1 Tbsp. paprika
8 sage leaves	Juice of 1/2 lemon

Beat veal slices until thin. Finely slice sage leaves. Squeeze lemon. Preheat oven to 400°. Place 1 slice of smoked ham on each veal slice, season with pepper and sprinkle with sage and ground nuts. Fry whole mushrooms in butter and place on each veal slice. Roll up veal and secure with toothpick. Season with salt and pepper. Place rolls in Pyrex, brush with butter and dust with paprika. Bake for 20 minutes, basting often. Remove, slice each roll in half, arrange on serving dish. Heat pan juices; add lemon; spoon over veal rolls. Serve with broccoli with French dressing. 4 servings.

LOIN PORK OR VEAL IN ASPIC (Polędwica lub cielęcina w galarecie)

4 lb. lean loin of pork or veal	2 bay leaves
5 c. water	1/2 tsp. peppercorns
2 carrots	1 Tbsp. salt
1 onion	1/3 c. white vinegar
4 stalks celery	2 envelopes unflavored gelatin
2 cloves garlic	

Put meat into a large kettle; add water and all ingredients, except gelatin and bring to the boiling point. Skim surface. Cover tightly, reduce heat and simmer for 2 hours until meat is tender. Remove meat from stock and cool. Chop the meat. Strain stock through several layers of cheesecloth. Cool stock. Skim off all fat. Return stock to kettle. Sprinkle gelatin over stock and heat until gelatin dissolves. Pour a thin layer of aspic into bottom of loaf pan. Arrange slices of lemon, cooked carrots or olives. Chill until almost set. Place meat and pour remaining aspic over meat. Chill until firm. Unmold and garnish. Serve with horseradish and lemon juice.

CORNER BEEF

4-6 lb. fresh beef brisket	6 bay leaves
4 qt. cold water	1/2 oz. saltpeter
2 c. salt	6 cloves garlic, chopped fine
1 Tbsp. brown sugar	1 large onion, sliced
2 Tbsp. pickling spice	

Combine all ingredients except meat, garlic and onion in a large saucepan. Bring to a boil. Reduce heat and simmer for five minutes. Cool. Add pickling, salt (not iodized) until the mixture will just barely float an egg. Place beef in any container including a plastic pail, just as long as it is not metal. Sprinkle on the garlic and onions and cover with the pickling fluid. Weigh the meat down with a heavy plate. Do not allow meat to project above liquid. Cover the container and store in a cool corner for 12 to 14 days. Refrigeration is not necessary. A mold spot or two may develop on the brine. Ignore it. Remove and wash well and refrigerate until wanted.

** NOTES **

Fish and Shellfish



RULES FOR USING HERBS

1. Use with a light hand - the aromatic oils are strong and objectional if too much is used.
2. Blend or heat with butter, margarine or oil to draw out and extend the flavor. Unsalted butter is best. When using herbs in French dressing, have the oil tepid.
3. Cut or chop leaves very fine. The more cut surface exposed, the more completely the aromatic oil is absorbed.
4. Dried herbs are two to four times as strong as fresh herbs, so that if you substitute dried for fresh herbs use 1/4 to 1/2 the amount. Experimentation is the best guide.
5. The flavoring of herbs is lost by extended cooking.
6. To taste the true flavor of an herb you have not used before, mix 1/2 tsp. crushed herb with 1 Tbsp. cream cheese or sweet butter, let stand 10 - 15 minutes. Taste on a cracker.
7. The beginner should err on the side of too little rather than too much. It is easy to overseason and one flavor should never be allowed to overpower another. A person should not be able to recognize the presence of an herb or what accounts for the delicious flavor. More of an herb can be added, but it cannot be taken out.
8. Herbs are used in addition to salt and pepper.
9. For herb butters, 1 Tbsp. of the minced fresh herb is mixed into 1/4 lb. softened butter or margarine. Let stand at room temperature for at least one hour preferably more. After flavor has been absorbed into butter, it should be chilled in refrigerator. This will keep for several days if covered tightly so it does not absorb odors from refrigerator.

FISH AND SHELLFISH

BLINY WITH CAVIAR AND HERRING (Yeast Pancakes) (Bliny z kawiozem i sledziem)

5 c. flour	2 Tbsp. melted butter
2 1/2 c. milk	4 envelopes dry yeast
2 1/2 c. water	Salt to taste
3 eggs	

Serve with: 1 pint sour cream, 1/2 pound salmon caviar, 1 pound chopped matjes herrings (smoked salmon, optional), 1/2 pound melted butter.

Start approximately 5-6 hours before serving.

1. Dissolve yeast in 1/4 cup warm water; add 1/2 teaspoon sugar. Set aside until yeast is activated. In a large bowl or pot, mix 2 1/2 cups warm water with 3 cups of flour. Add the activated yeast and mix. Cover, let stand in warm place (2 hours). 2. When the dough has at least doubled in bulk, add salt, 2 cups flour, 2 tablespoons melted butter, 3 egg yolks. Mix well with wooden spoon for 8 minutes. Set aside covered in warm place to rise (2 hours). 3. Heat the milk until warm, and once again mix with wooden spoon for 5 minutes. In a separate bowl, beat the egg yolks and fold into yeast mixture. Cover and let rise in warm place. Brush griddle with oil, and fry thin yeast pancakes like you would fry ordinary pancakes.

In separate serving dishes, place sour cream, herring, caviar and salmon. Stack pancakes and serve. Each person places one yeast pancake on his plate, then sprinkles caviar, herring and salmon. Smother this in sour cream, and pour melted butter. Cover with second yeast pancake.

Bliny must be served with cold vodka. It is best to cool vodka in the freezer compartment of your refrigerator for at least 3 hours.

The old method of frying the bliny was in 8 or 10 separate cast iron frying pans simultaneously on the old wooden stoves. In our modern kitchens with four burners, this would be quite impossible, that is why the griddle method is the one recommended.

FISH IN GREEK SAUCE (Ryba po grecku)

1 lb. carp, sole, or
cod fillets

2 Tbsp. salad oil
Salt

Greek Sauce:

2 Tbsp. salad oil
1/2 c. sliced celery
2 carrots, coarsely
shredded
1 parsley root, coarsely
shredded
2 onions, diced

3 Tbsp. water
1/2 c. tomato paste
Salt and pepper
1 tsp. sugar
1 Tbsp. lemon juice
1/2 tsp. paprika
1/4 c. white wine (optional)

Cut the fish fillets in 2 inch pieces. Fry in hot oil, sprinkle with salt. Arrange in a long dish. Make Greek Sauce. Heat the oil in a skillet, fry the celery, the carrots and parsley root. Add onions, 3 tablespoons water and salt. Cover and cook over low heat for 15 minutes. Add tomato paste and cook 10 minutes longer. Season with salt, pepper, sugar, lemon juice and paprika; add wine if used. Bring to a boil and simmer for a few minutes. Remove from heat, pour over fish. Serve hot or cold. Serves 4.

COD IN HORSERADISH SAUCE (Dorsz w sosie chrzanowym)

2 lb. cod
1/2 c. flour
4 Tbsp. butter

Salt
Horseradish sauce
1/2 c. water

Cut the cod into serving pieces. Dredge in flour and salt. Brown in butter on both sides. Pour water over the cod and simmer for 20 minutes. Serve with hot horseradish sauce. Serve with boiled potatoes.

BAKED SOLE GOURMET (Pieczona sola)

1 lb. sole fillets
1/4 c. dry white wine
1 c. frozen asparagus,
cooked and drained

1/2 c. halved cherry tomatoes
1/2 c. sliced mushrooms

Sauce:

2 Tbsp. butter or
margarine
2 Tbsp. flour
1 1/4 c. milk
1 egg yolk

1/4 c. dry white wine
Salt and pepper to taste
1 c. soft bread crumbs
1/4 c. Parmesan, grated

Poach fish in covered skillet in 1/4 cup wine for 2-3 minutes. Place in greased baking dish (10 x 6 x 1 3/4 inches). Sprinkle with salt and pepper. Top with asparagus, tomatoes and mushrooms. Melt butter in small saucepan, stir in flour and cook for a minute, then add milk all at once. Cook, stirring until smooth and bubbly. Add some to egg yolk, mix and return to saucepan. Cook until it starts to boil. Stir in wine, salt and pepper. Pour over fish and vegetables. Combine bread crumbs and Parmesan and sprinkle on top. Bake for 30 minutes at 350°.

FISH IN SOUR CREAM (Ryba w śmietanie)

6 Tbsp. butter
1 onion, grated
2 eggs
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. dry mustard

6 fish fillets (sole or whitefish)
1 c. bread crumbs
1 c. sour cream
2 Tbsp. chopped parsley

Melt 2 tablespoons butter in a skillet. Add the onion. Saute for 5 minutes, stirring frequently. Cool. Beat the eggs, add salt, pepper, mustard, sauteed onion. Dip fish in this mixture, then in the bread crumbs, coating both sides. Melt the remaining butter in a skillet. Fry the fish in it for 5 minutes on each side. Add the sour cream; cook over low heat for 10 minutes. Sprinkle with the parsley and serve with rice.

TROUT IN SOUR CREAM (Pstrąg w śmietanie)

6 medium size trout
6 Tbsp. flour
6 Tbsp. butter
6 Tbsp. oil

3 c. sour cream
3 Tbsp. light cream
1/2 c. chopped chives
Salt and pepper

Rinse the trout and pat dry with paper towels. Salt and pepper and dredge each fish in flour. Brown the fish on both sides in the butter and oil. Transfer to a baking dish and keep in warm oven. In a separate bowl, mix sour cream with light cream and 1 tablespoon flour. Pour the mixture into the skillet and stir until thickened. Stir in the chopped chives. Pour sauce over the trout, and serve immediately. Serve with mashed potatoes.

PIKE POLISH STYLE (Szczupak po polsku)

3 lb. pike	8 peppercorns
4 1/2 c. water	8 eggs, hard-boiled and chopped
1 carrot	3 Tbsp. butter
1 onion	3 Tbsp. lemon juice
2 sprigs parsley	Salt and pepper to taste
1 stalk celery	

Boil vegetables and peppercorns for 10 minutes. Add 1 tablespoon lemon juice. Salt well. Add cleaned fish and boil for 30 minutes. Heat butter in a skillet, add chopped eggs and two tablespoons lemon juice. Remove fish from saucepan; place on platter and pour egg sauce on the top. Decorate with parsley and cherry tomatoes. Serves 6.

FISH PATTIES (Paszteciki z ryby)

2 1/2 c. fish meat, finely chopped	1 onion
2 slices bread	1 Tbsp. butter
1/4 c. milk	Bread crumbs
2 large eggs	Salt and pepper to taste
	Butter for sauteing

Moisten bread with milk and squeeze. Fry onion in butter. Mix all ingredients well. Make round patties in the palm of your hand. Dip in bread crumbs and fry in butter. No other shortening can do for fish what butter does. Serve with horseradish sauce. Serves 5.

TUNA FISH BALLS (Klopsiki z tuńczyka)

1 onion, minced	3 celery stalks, diced
3 carrots, diced	2 (6 1/2 oz.) cans tuna
4 c. water	White pepper
4 eggs	Salt to taste
1/4 c. bread crumbs	2 Tbsp. water

Brown minced onion in a saucepan without adding any fat. Add two tablespoons water and simmer gently. Add carrots, celery, water and salt to taste. This poaching liquid should be well seasoned. Mash two cans of tuna. Add bread crumbs and eggs to make a mixture that can be easily rolled into shape. Form into balls and add one at a time into the boiling liquid. Reduce heat, cover and cook for 45 minutes. Yields 18 tuna fish balls of medium size. Serve with cooked vegetables.

PIQUANT SALMON LOAF (Pikantny pieczony łosoś)

2 c. canned salmon, flaked	2 tsp. grated onion
1 c. bread crumbs	1 tsp. salt
1 c. milk	2 tsp. butter
1/2 c. chopped pickles	2 eggs, beaten

Mix well all ingredients. Put into greased baking dish and set in a shallow pan of hot water. Bake at 350°F. for 45-60 minutes. If desired, may be served with a white sauce, to which chopped parsley and chopped hard-boiled eggs have been added.

FISH AU GRATIN (Pieczona ryba)

2 lb. fish fillets (pike, sole or salmon)	1 1/2 tsp. salt
4 Tbsp. lemon juice	1/2 lb. fresh mushrooms
2 Tbsp. butter	1/2 c. grated, chopped Cheddar cheese

Sauce:

1 Tbsp. butter	1/4 c. heavy cream
2 Tbsp. flour	1/3 c. cold butter
1 c. fish stock	1/3 tsp. salt
3 egg yolks	

Rinse fillets under cold water. Dry with paper towels. Sprinkle with salt and lemon juice. Place fillets in buttered shallow baking dish. Dot with 1 tablespoon butter. Cover the dish with aluminum foil and bake in hot oven (425°F.) for 10 minutes. Cool in stock. Drain fish and arrange in buttered Pyrex shallow dish. Reserve stock for sauce (one cup).

Sauce: Melt one tablespoon butter in saucepan. Remove from heat and stir in flour. Gradually stir in fish stock. Cook, stirring constantly, until smooth and thick. Cool. Beat egg yolks with cream and stir into sauce. Bring mixture to the boiling point, stirring constantly. Remove from heat. Gradually add butter and salt. Blend in mushrooms. Spread sauce over fish and sprinkle cheese on the top. Brown in a hot oven (450°) about 10 minutes until golden brown. Makes 6 servings.

FISH CASSEROLE (Zapiekanka z ryby)

2 lb. fish fillets, cut into strips	2 c. shredded Cheddar cheese (medium)
2 medium potatoes	1/4 c. butter or margarine, melted
2 medium onions	1 (6 oz.) can stewed tomatoes
	Salt and pepper to taste

Pour melted butter into Pyrex (12x8 inch). Arrange one layer of thinly sliced potatoes, then a layer of sliced onions. Arrange a layer of fish strips, sprinkle with salt and pepper. Add one cup shredded cheese. Repeat procedure. On the top, spread tomatoes, and sprinkle with cheese. Bake about one hour at 375°F. Serve with vegetables and salad. Serves 6.

CRAYFISH CASSEROLE
(Or Seafood)

1 lb. crayfish or shrimps, cooked	1/8 tsp. pepper and paprika
1/2 lb. crabmeat	5 Tbsp. butter or margarine
1/3 c. flour	1 medium onion, chopped
2 c. milk	1/2 green pepper, chopped
3 c. cooked rice	1/2 c. chopped celery
3/4 tsp. salt	1/4 c. mushrooms, sliced
	8 oz. shredded sharp Cheddar cheese

In butter saute onion, green pepper, celery and mushrooms, about 5 minutes. Add flour and gradually stir in milk. Stirring constantly, cook over medium heat until thickened. Season with salt and pepper. Add shredded cheese and cook until melted. Remove from heat. Blend in cooked crayfish (shrimp) and crabmeat. Spread cooked rice over the bottom of buttered 9 inch square dish. Pour mixture over the rice, sprinkle with paprika. Bake uncovered at 350°F. for 20 minutes. Increase baking time to 40 minutes if refrigerated. Can be made a day ahead and kept refrigerated. Serves 6.

**** NOTES ****

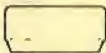
















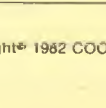



Desserts

HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:	
          	<p>4-cup baking dish: 9-inch pie plate 8x1$\frac{1}{4}$-inch layer cake pan—C 7 $\frac{3}{8}$ x 3 $\frac{5}{8}$ x 2$\frac{1}{4}$-inch loaf pan—A</p> <p>6-cup baking dish: 8 or 9x1$\frac{1}{2}$-inch layer cake pan—C 10-inch pie plate 8$\frac{1}{2}$ x 3 $\frac{5}{8}$ x 2 $\frac{5}{8}$ inch loaf pan—A</p> <p>8-cup baking dish: 8x8x2-inch square pan—D 11x7x1$\frac{1}{2}$-inch baking pan 9x5x3-inch loaf pan—A</p> <p>10-cup baking dish: 9x9x2-inch square pan—D 11$\frac{1}{4}$x7$\frac{1}{2}$x1$\frac{1}{4}$-inch baking pan 15x10x1-inch jelly-roll pan</p> <p>12-cup baking dish and over: 13$\frac{1}{2}$x8$\frac{1}{2}$x2-inch glass baking pan 12 cups 13x9x2-inch metal baking pan 15 cups 14x10$\frac{1}{2}$x2$\frac{1}{2}$-inch roasting pan 19 cups</p>
TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS	
        	<p>Tube Pans: 7$\frac{1}{2}$x3-inch "Bundt" tube pan—K 6 cups 9x3$\frac{1}{2}$-inch fancy tube or "Bundt" pan J or K 9 cups 9x3$\frac{1}{2}$-inch angel cake pan—I 12 cups 10x3$\frac{3}{4}$-inch "Bundt" or "Crownburst" pan—K 12 cups 9x3$\frac{1}{2}$-inch fancy tube mold—J 12 cups 10x4-inch fancy tube mold (Kugelhupf)—J 16 cups 10x4-inch angel cake pan—I 18 cups</p> <p>Melon Mold: 7x5$\frac{1}{2}$x4-inch mold—H 6 cups</p> <p>Spring-Form Pans: 8x3-inch pan—B 12 cups 9x3-inch pan—B 16 cups</p> <p>Ring Molds: 8$\frac{1}{2}$x2$\frac{1}{4}$-inch mold—E 4$\frac{1}{2}$ cups 9$\frac{1}{4}$x2$\frac{1}{4}$-inch mold—E 8 cups</p> <p>Charlotte Mold: 6x4$\frac{1}{4}$-inch mold—G 7$\frac{1}{2}$ cups</p> <p>Brioche Pan: 9$\frac{1}{2}$x3$\frac{1}{4}$-inch pan—F 8 cups</p>

DESSERTS

CRANBERRY JELLY (Kisiel)

8 oz. cranberries	1/2 stick cinnamon
3 c. water	1 Tbsp. corn flour
1 1/2 c. sugar	1 Tbsp. cold water
2 cloves	1 c. heavy cream

Rinse and simmer cranberries for 30 minutes or until soft. Pass through sieve together with water. Simmer again for 10 minutes adding sugar and spices. Cream corn flour with cold water and gradually add some of the hot liquid. Return all to saucepan and simmer for 3 minutes. Put into a mold rinsed with cold water. Turn out when set. Serve with heavy cream.

CRANBERRY JELLY (Easy) (Kisiel)

2 c. prepared crushed cranberries	4 Tbsp. cornstarch
2 c. water	2 Tbsp. lemon juice
1/2 c. sugar	1 c. heavy cream

Bring prepared cranberries and 1 1/2 cups water to a boil. Pass through a sieve. Add sugar; add lemon juice. Blend corn flour with 1/2 cup water and slowly add to the liquid. Reheat and bring to a boil. Serve chilled with heavy cream.

You can substitute other fruits like rhubarb or raspberries.

PLUM DUMPLINGS (Knedle ze sliwkami)

3 c. flour	1 tsp. salt
2 eggs, lightly beaten	4 Tbsp. softened butter
1 1/2 c. mashed potatoes	40 Italian prunes or apricots

Topping:

8 Tbsp. melted butter	1/2 c. sour cream or heavy cream
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Sift flour and salt together into a bowl. Add the mashed potatoes, butter and eggs. Blend by hand, and knead on a well floured board, for approximately 5-10 minutes, or until dough is smooth. Add more flour if the dough is too sticky. Cover, and set aside. Wipe the prunes with a dish towel, and make an incision lengthwise and remove the pit. Pour a little sugar into the void and gently squeeze the plum back into shape.

Divide the dough, and on a floured board, roll into 1/8 inch thickness. Cut out rounds with a 3 inch cookie cutter. Place the prune in the center and cover completely with the dough. Roll in the palms of your hands as if you were making a ball. Bring water to a boil in a large pot; add a bit of salt, and cook the dumplings 10 at a time for approximately 10 minutes. Remove with a slotted spoon and place in an oven proof baking dish generously greased with butter. Keep warm in oven until all are cooked. Serve with melted butter, a sprinkling of sugar and either sour cream or heavy cream.

APPLE SNOW (Jabłkowy "Śnieg")

2 lb. tart apples,	1/2 tsp. cinnamon
peeled, cored, sliced	1/2 c. heavy cream, beaten
1 1/2 c. sugar	Pinch cream of tartar and salt
1 tsp. lemon rind	4 large egg whites

In a heavy enameled saucepan, combine apples, 1 cup sugar, cinnamon, two strips of lemon rind and cook the mixture, covered, over low heat, stirring occasionally for 30 minutes, until the apples are soft. Mash the apples with a fork and cook them, stirring for 10 minutes more. Add sugar to taste while puree is still hot. Chill. In a bowl with an electric mixer, beat egg whites with cream of tartar and salt. Add 1/2 cup sugar, a little at a time, beating and beat the meringue until it holds stiff peaks. Fold the meringue into apple puree. Fold in 1/2 cup heavy cream (beaten). Transfer the mixture to a serving dish. Serves 8.

APPLE COMPOTE (Kompot z jabłek)

2 Tbsp. yellow raisins	Rind of 1 lemon
5 large apples (like Newtons)	1 1/2 Tbsp. rum
3/4 c. sugar	1/2 c. walnuts
	3/4 c. cream

Soak raisins in lukewarm water for 1 hour or so. Peel apples, seed and slice to 1/8 inch; place in saucepan with 10 tablespoons sugar, rind of 1/2 lemon and 1/4 cup water. Simmer over low heat until apples are translucent. Cool before adding rum. Put compote in serving bowl and remove lemon peel. Now add well drained raisins around the edge and make ring of nutmeats. Fill center with sweet whipped cream. Serve cold.

RICE AND APPLE DESSERT (Ryż zapiekany z jabłkami)

2 c. cooked rice	1 Tbsp. cinnamon
3 c. tart shredded apples	1 Tbsp. nutmeg
4 Tbsp. sugar	2 Tbsp. butter

Topping:

1 c. sour cream	3 Tbsp. sugar
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In ovenproof dish, arrange rice and apples in layers, starting with rice and ending with rice. Sprinkle each layer of apples with sugar, cinnamon and nutmeg. Dot with butter. Preheat oven to 360° and bake for 30 minutes. Mix sour cream with sugar. Serve rice and apple dessert, hot or cold, with sour cream topping.

BREAD CRUMB APPLE PUDDING (Zapiekanka z jabłęk)

5 eggs	1/2 tsp. cinnamon
1 1/2 c. bread crumbs	4-5 apples, sliced
1/2 c. sugar	1 1/2 c. milk
3/4 c. sour cream	

Beat eggs and milk together, adding sugar, then bread crumbs and sour cream. Let stand for 25-30 minutes. In a greased baking dish, place a layer of the bread crumb mixture, then place a layer of the thinly sliced apples and sprinkle with cinnamon and a little bit of sugar. Repeat process, alternating bread crumb mixture and apples, and end with crumb mixture on top. Bake in moderate oven at 375°F. for 1 1/2 hours. Serve with whipped cream, or milk.

CREAMY CHOCOLATE MOUSSE (Mus czekoladowy)

3 3/4 oz. pkg. chocolate	8 oz. pkg. cream cheese, cubed
pudding mix	1/2 tsp. brandy extract
1 3/4 c. milk	1 c. whipping cream

Combine mix and milk in saucepan. Cook over medium heat until mixture comes to a full boil, stirring constantly. Add cream cheese; continue cooking, beating until well blended. Stir in extract, pour into lightly oiled 1 quart mold. Chill until firm. Unmold, garnish with whipped cream. 8-10 servings.

CHOCOLATE MOUSSE (Mus czekoladowy)

12 sq. (12 oz.) semisweet	5 eggs, separated
chocolate	2 c. heavy cream

In the top of a double boiler set over hot water, melt chocolate. Let the chocolate cool to room temperature and stir in egg yolks. In a bowl, beat egg whites until they are stiff and fold one-third of them into chocolate mixture. Fold the mixture into the remaining egg whites and fold in heavy cream, whipped. Spoon the mousse into a serving bowl and chill it for one hour. Serves 8.

CHEESE PUDDING (Budyn z sera)

1/4 lb. cream cheese	1 tsp. vanilla extract
3/4 lb. cottage cheese,	3 Tbsp. flour
drained	3 hard-boiled eggs, yolks finely
3 egg yolks	chopped
1/8 tsp. salt	1/2 c. seedless raisins
1 c. sugar	3 egg whites
1/3 c. melted butter	

Put the cream cheese and cottage cheese through blender. Beat the egg yolks in a bowl. Add salt and sugar, beating until thick and light in color. Add butter, vanilla, flour, chopped egg yolks, raisins and cheese. Mix together well. Beat the egg whites until stiff, fold them into the cheese mixture. Pour into a buttered 1 1/2 quart baking dish. Bake in a preheated 350° oven for 35 minutes or until firm and lightly browned. Serve hot or cold.

RICE PUDDING (Budyń z ryżu)

1 Tbsp. unflavored gelatin	2 c. cooked rice
1/2 c. cold milk	1 c. whipped cream
1/2 c. half & half	1/2 c. toasted, slivered almonds
1/2 c. sugar	1/2 tsp. of vanilla and almond
1/4 tsp. salt	extract

Soften 1 tablespoon unflavored gelatin in cold milk; let stand 5 minutes. Add to scalded half & half, sugar and salt; stir to dissolve. Blend in cooked rice; chill well. Fold in whipped cream, almonds and extracts. Turn mixture into ring mold. Chill until firm. To serve, unmold onto serving plate and garnish with strawberries.

RICE AND ALMOND DESSERT (Ryż z migdałami)

1 qt. milk	1/4 c. sherry
3 1/2 Tbsp. sugar	2 tsp. vanilla
3/4 c. long grain white rice	1 c. whipping cream
3/4 c. blanched and chopped almonds	

Heat milk to boiling in a 2-quart saucepan; add sugar and rice. Stir once or twice; lower heat and simmer uncovered about 25 minutes, or until rice is quite soft but not mushy. Place cooked rice immediately into a shallow bowl to cool it quickly. Add chopped almonds, sherry and vanilla. Whip the whipping cream in a chilled bowl until it thickens and holds its shape softly; fold into cooled rice mixture. Turn pudding into serving dish and chill. A cold cherry or raspberry sauce or a spoonful of cherry liqueur is often served on top of this.

RUM PUDDING

(Budyn z rumem)

1 envelope unflavored gelatin	1/4 tsp. salt
3 egg yolks	2/3 c. cold milk
6 Tbsp. sugar	1/4 c. rum
	1 c. whipping cream

In mixing bowl, beat egg yolks until thick. Add sugar gradually and beat well. Soak gelatin in 1/3 cup cold milk to moisten. Scald remaining milk and add to gelatin, stirring until completely dissolved. Cool to lukewarm; add to yolk mixture and blend well. Add the rum and beat again. Chill mixture until somewhat thickened. Whip cream and fold into yolk mixture. Chill in a pretty bowl until set. Add some decorations. Makes 6 servings.

STRAWBERRY MOUSSE

(Mus truskawkowy)

2 (10 oz.) pkg. frozen strawberries, thawed	1/2 c. sugar
2 envelopes gelatin	3 egg whites (at room temperature)
1/2 c. water	1/8 tsp. salt
1/2 c. lemon juice	1 c. whipped cream

In blender at medium speed, purée strawberries until smooth. Sprinkle gelatin over water and lemon juice in top of double boiler; let soften 3 minutes. Stir in sugar. Heat over simmering water in top of double boiler, stirring occasionally, until sugar and gelatin are dissolved and mixture is clear. Stir in pureed strawberries. Chill to consistency of unbeaten egg whites. Beat egg whites with salt until stiff peaks form. Fold egg whites into strawberries mixture; then fold into whipped cream. Pour into 1 1/2 quart mold. Chill 6 hours or overnight. Unmold. Decorate if desired.

ROPKUTIA

(Kutja)

1 1/2 c. wheat grain	Honey (to taste)
4 c. boiling water	Walnuts, chopped
1 1/2 c. poppy seeds	

Soak wheat in water overnight. Drain and rinse the next day. Bring wheat and 4 cups of water to a boil, and simmer until tender, that is for 2 to 5 hours, depending on the wheat variety. If it is too thick, you can add boiling water. Drain and cool. Cover poppy seeds with boiling water, and allow to stand until soft for approximately 1 hour. Drain through a very fine sieve or cloth. Blend the honey with the poppy seeds in a blender. Add the cooled wheat grains. Add more honey if you prefer, and the chopped walnuts. Refrigerate and serve cold. Store in refrigerator.

CHERRY MOLD (Galaretká z czereśniami)

- | | |
|---------------------------|-----------------------------|
| 1 large pkg. cherry jello | 1 1/2 c. Kijafa cherry wine |
| 2 1/2 c. hot water | 2 Tbsp. lemon juice |

Filling:

- | | |
|--|-----------------------|
| 1 can black cherries,
pitted | 1 Tbsp. sugar |
| 1 large (8 oz.) pkg.
Philadelphia cream
cheese | 1/2 c. halved walnuts |

Mix jello with wine, water and lemon juice. Pour half of mixture into dish and chill till firm. Fill cherry half with cream cheese mixed with sugar and top with walnut. Cover with other half. Push cherries into firmed jello. Have the other jello chilled slightly and pour very slowly over firmed half. Return to refrigerator until set. Use 9x13 inch Pyrex dish.

DRIED FRUIT COMPOTE (Popular Christmas Eve dinner dessert) (Kompot z suszonych owoców)

- | | |
|-----------------------------------|--------------------------------------|
| 1 lb. prunes | Sugar to taste (2 c. approx.) |
| 1 c. raisins | Lemon and orange peel (for
aroma) |
| 1 c. dried apricots | Cloves and cinnamon (optional) |
| 3 apples, peeled and
quartered | 8 c. of water |

Soak the dried fruit in water overnight. The next day, add the apples; lemon and orange rind; sugar and spices. Cook for a short time (10 minutes). Cool on top of stove and refrigerate. Should be served cold.

ROYAL PANCAKE (Królewski naleśnik)

1 apple, peeled, cored, chopped	1/4 tsp. vanilla extract
4 egg yolks	1 c. flour
3 Tbsp. sugar	5 egg whites
1/8 tsp. salt	4 Tbsp. unsalted butter, melted
2 c. milk	Powdered sugar (optional)

Beat egg yolks with salt and sugar. Stir in milk, vanilla extract and gradually beat in flour. Add apples. In another bowl, beat the egg whites until they are stiff. Fold the whites into the batter. In heavy skillet (8 inches), heat one tablespoon butter and pour the batter 1/4 inch depth. Cook over low heat until pancake has puffed and browned. Add butter. Turn pancake and fry other side until golden brown. With two forks, tear the pancake into 6-8 pieces. Remove to a warm plate. Heat another tablespoon of butter in the skillet and cook another pancake in the same way. Sprinkle with powdered sugar and serve with fruit syrup. Serves 6.

HEAVENLY FARINA ("Niebiańska" manna)

1 c. water	1 oz. and 1 tsp. Cream of Wheat
1/2 lb. strawberries	
2 oz. sugar	1 egg white

Cover strawberries with water and cook until tender. Press through sieve. Add sugar, Cream of Wheat. Cook until thick. Cool. Add egg white and using electric mixer, beat until tripled. Serves two. Serve with milk, cream or vanilla milk.

APPLE FRITTERS
(Jabłka w cieście)

2 large apples, peeled, cored and sliced (1/4 inch)	2 Tbsp. sugar
2 eggs, separated	Dash of salt
1 c. flour	Powdered sugar
1/2 c. milk (or 5 Tbsp. sour cream)	Oil or shortening

Cream egg yolks with sugar and add milk with salt. Add flour. Mix well. Add beaten egg whites. Dip apple slices in batter and fry in hot oil until golden brown. Drain well. Put in hot serving dish and sprinkle with powdered sugar.

CREPES - THIN PANCAKES - #1
(Naleśniki)

2 eggs	1/2 tsp. salt
1 1/2 c. flour	Salt pork or oil
1 1/2 - 2 c. water	Butter

Beat eggs well. Gradually add flour. Add water and salt. Put aside for 30 minutes. Use a piece of salt pork on the end of fork for greasing frying pan (or small amount of oil). When pan is hot, pour in a small amount of batter to make a paper thin pancake. By tilting the hot pan in all directions the batter will spread quickly. Fry on medium heat. When firm to the touch on the top, turn over, using a spatula. When done, put aside to cool. This recipe makes 12-15 pancakes. Spread pancakes with jam or other fillings, roll or fold and fry lightly in butter.

CREPES - THIN PANCAKES - #2
(Naleśniki)

2 eggs	1 c. water
1 1/2 c. flour	Salt pork or oil for frying
1 c. milk	

Using same method as for Naleśniki #1, fry only one side. Do not turn. Naleśniki can be filled with jam, cottage cheese mixed with sugar and cinnamon, or meat filling.

ELIZA'S RICE
(Ryż Elizy)

1 c. rice	1 1/2 tsp. sugar
1 1/3 c. water	2/3 c. milk
1/4 tsp. salt	2 Tbsp. butter
3 eggs	

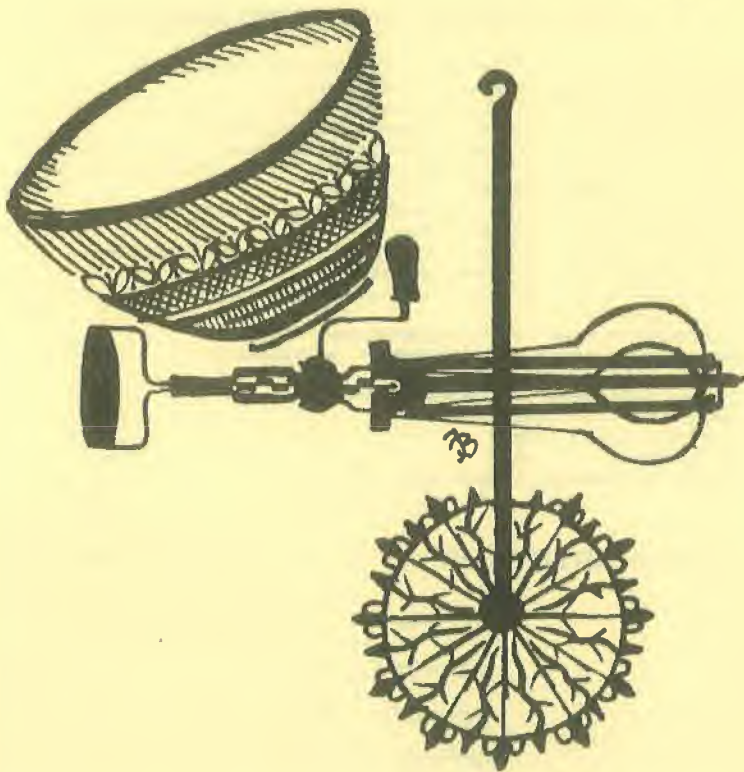
Rinse rice until water is clear. Bring water, rice and salt to the boiling point. Lower the heat and simmer covered for 5-7 minutes more. Set aside. Combine milk with sugar and eggs. Pour over rice mixture and stir well. Grease baking dish (9x5 inches) with melted margarine and sprinkle with bread crumbs. Pour in rice mixture and dot with butter. Bake for 25-30 minutes until golden brown at 350°F. Serves 6, hot or cold, with jam or custard. Excellent with turkey or ham.

1-2-3 CHEESE PANCAKES
(Naleśniki z serem)

1 c. cottage cheese	3 eggs
2 Tbsp. flour	

Combine all ingredients in a blender until smooth. Pour 4 inch circles onto a greased skillet and fry cakes until golden on both sides, turning once. Holes will appear on top of the cake when ready to turn. Serve with butter and maple syrup or preserves. Makes about 8 pancakes.

Pastry



EQUIVALENT CHART

3 tsp.	1 tbsp.	2 pt.	1 qt.
2 tbsp.	1/8 c.	1 qt.	4 c.
4 tbsp.	1/4 c.	5/8 c.	1/2 c. + 2 tbsp.
8 tbsp.	1/2 c.	7/8 c.	3/4 c. + 2 tbsp.
16 tbsp.	1 c.	1 jigger	1 1/2 fl. oz. (3 tbsp.)
5 tbsp. + 1 tsp.	1/3 c.	2 c. fat	1 lb.
12 tbsp.	3/4 c.	1 lb. butter	2 c. or 4 sticks
4 oz.	1/2 c.	2 c. sugar	1 lb.
8 oz.	1 c.	2 2/3 c. powdered sugar	1 lb.
16 oz.	1 lb.	2 2/3 c. brown sugar	1 lb.
1 oz.	2 tbsp. fat or liquid	4 c. sifted flour	1 lb.
2 c.	1 pt.	4 1/2 c. cake flour	1 lb.
3 1/2 c. unsifted whole wheat flour	1 lb.	4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked
8 to 10 egg whites	1 c.	7 oz. spaghetti	4 c. cooked
12 to 14 egg yolks	1 c.	4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
1 c. unwhipped cream	2 c. whipped	28 saltine crackers	1 c. crumbs
1 lb. shredded American cheese	4 c.	4 slices bread	1 c. crumbs
1/4 lb. crumbled blue cheese	1 c.	14 square graham crackers	1 c. crumbs
1 lemon	3 tbsp. juice	22 vanilla wafers	1 c. crumbs
1 orange	1/3 c. juice		
1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cups milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1/2 cup **evaporated milk** and 1/2 cup **water** or 1 cup **reconstituted nonfat dry milk** and 1 tablespoon **butter** = 1 cup whole milk.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1 1/2 c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed
- 3 c. **dry corn flakes** = 1 c. crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

PASTRY

SCALDED "BABKA" (Babka parzona)

10 egg yolks	1 tsp. salt
1 1/4 c. sugar	1/2 c. raisins
1/2 c. butter or margarine (unsalted)	1/2 c. chopped almonds
1/3 c. lukewarm water	1 Tbsp. orange rind
4 pkg. dry active yeast	1 1/2 tsp. almond extract
4 c. flour	1 c. scalded milk

Dissolve yeast in lukewarm water with dash of sugar and keep in warm place for 10 minutes. In large bowl, put 3/4 cup flour and pour over it scalded milk. Mix well until mixture is very smooth. Set aside for 10 minutes. Cream yolks with sugar very well using mixer and add to the mixture. Add yeast and salt. Mix well. Add 2 cups flour with almonds, raisins, orange rind and almond extract. Mix. Add remaining flour and knead the dough, slowly adding melted butter. Knead for 10-15 minutes until dough is smooth and all butter is absorbed.

Prepare two "baba" cake forms well greased and dusted with fine bread crumbs. Place 1/2 of dough in the cake form and set aside to rise for 1 1/2 - 2 hours in warm place until the dough has tripled. Bake for 25-30 minutes at 375°F. When "babka" cooled, dust with powdered sugar or ice with rum or lemon icing.

EASTER BABA #1 (Baba wielkanocna)

10 egg yolks	1/2 c. raisins
4 c. flour	1/2 c. sliced or chopped almonds
4 pkg. dry yeast	1 tsp. vanilla extract
1 1/2 c. sugar	1/2 c. butter, melted
1 c. lukewarm milk	2 Tbsp. rum

Pour 1/2 cup of the lukewarm milk into small bowl. Add the yeast and 1/2 teaspoon sugar. Set the bowl aside in the warm place until the mixture almost double in volume. Beat egg yolks in mixing bowl and gradually add sugar. Continue to beat until very thick and foamy. Add yeast, two cups of flour, 1/2 cup milk, vanilla extract, almonds, raisins and rum. Beat well. Add next 2 cups of flour. Knead the dough with hands until well combined. Slowly add melted butter. Knead vigorously for 10 minutes until all butter is absorbed. Use

empty straight sided cans about 7-10 inches high (such as 1 or 2 pounds coffee tins). Grease well with melted margarine and sprinkle with bread crumbs. Drop in the ball of dough about 1/3 of space. Cover it with a kitchen towel and set the mold aside in warm place for 1-2 hours until the dough has risen almost to the top of the mold. Preheat oven to 400°F. Bake in the center for 15 minutes, then lower temperature to 350°F. for 25-30 minutes or until done. Decorate with lemon or rum frosting.

EASTER "BABKA" #2 (Babka wielkanocna)

3 pkg. yeast	1 1/4 c. sugar
1 c. milk	4 1/4 c. flour
1/2 lb. butter or	Vanilla, lemon, rum flavors
1/2 & 1/2 with margarine	Orange peel (optional)
12 egg yolks	Raisins (1/2 c. - 1 c.)
	Lemon zest (optional)

Dissolve yeast in small amount of warm milk. Heat remaining milk with butter until butter melts. Beat yolks with sugar until light and creamy. To milk and butter mixture, add yeast (make sure to check temperature, not to kill yeast). Gradually add flour, beating with electric mixer, add flavorings, raisins. Beat until smooth (5-10 minutes). Put in warm place to rise. When just about doubled in bulk put in well greased forms, filling only 1/3 full. Let rise again until doubled. Bake at 350° for 50-60 minutes. Take out of the oven and let rest 10 minutes. Take out of forms when still hot. Dribble glaze over babka: Egg white mixed with icing sugar, and vanilla or rum flavor. Cool.

P.S. I use 4 "Similac" cans for forms for this recipe. One pound coffee cans will do very nicely for small handsome Babka's.

POPPY SEED COFFEE CAKE (Strucle z makiem)

1 yeast cake	4 Tbsp. unsalted margarine
1/2 c. lukewarm water	1/4 c. lukewarm milk
Pinch of sugar	1/2 tsp. salt
4 egg yolks	1 tsp. cardamon
1/4 c. sugar	1/4 tsp. grated orange peel
2 c. flour	1 egg, lightly beaten with
	1 Tbsp. milk

Poppy Seed Filling:

1 c. ground poppy seeds	1 Tbsp. heavy cream
1/2 c. unsalted butter, softened	1/4 crushed walnuts
1/2 c. honey	1 tsp. orange peel
	1/4 c. currants

Dissolve yeast and a pinch of sugar in lukewarm water. Let the mixture stand for 5-10 minutes in a warm place until almost doubled in volume. In mixing bowl, combine the milk, cardamon, orange peel, sugar, salt and yeast. Then stir in the egg yolks, one at a time. Beat in the flour, half cup at a time and add butter. Knead the dough. The dough should be smooth and elastic in about 10 minutes. Let rise in warm place until doubled in bulk (about 2 hours). Place the dough on floured dish towel and roll into a rectangular shape.

With a spatula, spread the Poppy Seed Filling and roll the dough up like a long jelly roll. Place onto the greased and floured baking sheet and let rise, until doubled in bulk. Brush the top and sides with the egg-milk mixture. Bake for 40 minutes in 350°F. oven.

Filling: Cream the butter and honey. Add the cream. Stir in poppy seeds, nuts, currants and orange peel. Mix well.

WARSAW CARNIVAL DOUGHNUTS (Pączki)

1 c. sweet cream (lukewarm)	4 1/2 c. flour
2 yeast cakes	1 jigger rum
10-12 egg yolks	6 Tbsp. sugar
5 Tbsp. butter	1 c. apricot jam
1 tsp. salt	1 tsp. vanilla
	Lard or Crisco for deep frying

Add salt to egg yolks and beat until thick. Cream butter and sugar. Dissolve yeast with a dash of sugar and two tablespoons lukewarm water. Add cream. Put all ingredients in a large bowl. Add rum, flour, vanilla and beat hard until the dough blisters. Shape the dough into a ball, dust the top of the dough lightly with flour, cover with a kitchen towel and set it in a warm spot for one hour. Punch the dough down and roll it 1/4 inch thick. With a 2 1/2 inch cookie cutter, cut the dough into as many circles as possible. Drop a teaspoon of jam onto the centers, then sandwich each of these with one of the other circles. Seal well and trim. Place them 1 inch apart on a baking sheet for about 20 minutes. Fry in deep hot

lard or Crisco, turning only once. Pączki should have a brown color. Drain on paper towels and dust with powdered sugar.

POPPY SEED CAKE (Babka makowa)

1/2 c. poppy seeds	1/2 c. evaporated milk
1/2 c. water	1/2 c. butter
1 1/2 c. sugar	1 tsp. vanilla
1/8 tsp. salt	2 c. flour
2 tsp. baking powder	4 egg whites

Mix poppy seeds, milk and water. Let soak for one hour. Cream butter with sugar and vanilla thoroughly. Add poppy seed mixture. Mix well and add other ingredients. Fold in egg whites, beaten stiff but not dry. This cake may be baked in a tube pan for one hour at 350°. When done and cooled, dust with powdered sugar.

ORANGE CAKE WITH RUM (Babka pomarańczowa z rumem)

1 lb. unsalted margarine	2 tsp. orange extract
3 c. sugar	1 Tbsp. orange peel
8 eggs, separated	1/2 c. orange juice
3 c. sifted all-purpose flour	1/3 c. almonds, chopped
2 tsp. vanilla extract	2 tsp. baking powder

Orange Glaze:

1 c. sugar	1/2 c. orange juice
1/2 c. orange liqueur	

Syrup:

1/4 c. rum	1/4 c. orange juice
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Cream margarine and 2 cups of sugar until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Add flour in thirds with flavorings. In a separate bowl, beat egg whites until soft peaks form. Gradually add remaining sugar, continue beating until stiff but not dry. Add baking powder. Gently fold batter into egg whites. Carefully turn batter into well greased 10-inch tube pan.

Bake at 350°F. for one hour or until done. Cool 10 minutes. Remove from pan. While warm, poke many holes in cake with metal skewer. Cover with syrup and glaze. Cool. Glaze again.

TOASTED HAZELNUT TORTE (Tort orzechowy)

1/4 c. butter	1/2 c. bread crumbs
1/2 c. sugar	1/2 c. toasted, ground hazelnuts
8 eggs, separated	
1/4 lb. semi-sweet chocolate	

Beat together the butter, sugar and egg yolks until mixture is thick. Melt the chocolate in 2 tablespoons of water. Stir the chocolate, crumbs and nuts into the egg yolk mixture. Beat the egg whites stiff and fold into the batter. Spread in 3 (9-inch) pans (paper lined) and bake in low oven (325°F.) for 30 minutes, or until a light touch leaves no depression. Turn out one layer on a cake plate and remove the paper. Spread with hazelnut cream filling and top with the next layer (remove paper after the layer is in place). Spread the filling and continue with the last layer.

ALMOND TORTE (Tort migdałowy)

1/2 lb. freshly ground almonds with skin	12 eggs
1/2 lb. freshly ground almonds without skin	1 lb. fine sugar
(white)	Fillings and decorations
	11-inch spring form

The torte is baked in two separate processes. Grease pan with butter or margarine and dust it with flour or bread crumbs. Separate yolks of six eggs in a bowl. Add 1/2 pound sugar and beat until fluffy. Mix in ground brown almonds. Make sure almonds are mixed fully, but not beat. Beat 6 egg whites in separate bowl until peaks form and add to yolk mixture. If the mixture is too moist, add 1 or two tablespoons bread crumbs. The consistency should be like that of sour cream. Transfer carefully to the pan and bake for 30 minutes at 375° until done.

Cool and split in two. Wet the cake with half a cup of sweet strong tea or coffee. Repeat process for other half of ingredients and use ground white almonds. Put all layers together using different fillings.

Suggested are: gooseberry or apricot preserves, almond paste, egg custard or the following filling:

Filling: Mix together 1 pound unsalted whipped butter (or margarine), 13 ounce jar of marshmallow creme, 1/2 teaspoon of instant coffee, melted in couple drops of hot water. Decorate with sliced almonds, maraschino cherries. Chill and slice into small portions; serves at least 24. Best eaten a day after baking.

ORANGE TORTE (Tort pomarańczowy)

1 c. butter	2 1/2 c. flour
1 c. sugar	1/2 tsp. baking powder
2 eggs	1 tsp. almond extract

Orange Filling:

4 oranges	3 c. sugar
2 lemons	

Cream butter and sugar, adding whole eggs, one at a time. Stir in flour mixed with baking powder. Divide into 4 parts. Bake in four (8 inch) round cake pans greased on bottoms. Bake at 375° for 25 minutes. Cool completely. Spread Orange Filling between layers. For decoration, use lemon icing and mandarin segments.

Orange Filling: Grind whole unpeeled oranges and lemons through food grinder. Cook with sugar for 2 hours approximately, stirring frequently. When cool, spread between layers.

UNBAKED MAZUREK À LA TADEK (Mazurek orzechowy niepieczony)

21 oz. arrowroot biscuit crumbs	1/2 lb. butter
10 oz. ground walnuts	24 oz. honey
6 oz. ground almonds	1/2 tsp. almond extract

Icing:

2 Tbsp. milk

3 cubes semi-sweet baking
chocolate

Melt the butter at medium heat. Add honey, almond extract and arrowroot biscuit crumbs, ground walnuts and almonds. Mix well. Pack well into a shallow soup bowl or shallow pan. Press with hands to assure that it is well packed. Cool for 2-3 hours in refrigerator. Remove from pan and ice with Chocolate Icing.

Chocolate Icing: In a double boiler, melt the chocolate and add the milk. Spoon over the mazurek and let it cool.

ROYAL MAZUREK #1 (Very good and easy to make) (Mazurek królewski)

1 c. unsalted margarine
or butter

1 c. sugar

5 eggs

1 1/4 c. flour

1/2 c. currants

1 tsp. orange extract

1/4 c. powdered sugar

With an electric mixer, cream together butter and sugar until the mixture is light and fluffy. Beat in eggs, one at a time, beating well after each addition. Add extract and currants. Add flour and beat the batter until it is smooth. Spread the batter with a spatula into a greased pan (12x8 inches) and bake in the middle of a preheated oven (350°F.) for 20-25 minutes, or until lightly browned. Before serving, sprinkle with sifted confectioners' sugar and slice into squares.

ORANGE MAZUREK (Mazurek pomarańczowy)

1/2 lb. unsalted butter

1/2 lb. flour

2 egg yolks

2 oz. sugar

3 oranges

1 lemon

3/4 c. water

2-3 c. sugar

Cut butter into flour; add egg yolks and sugar. Knead into a ball. Roll out to 1/2 inch thickness on cookie sheet. Prick with fork. Bake at 350°F. about 15 minutes, or until golden brown. In the meantime, grind unpeeled oranges and

lemon; add water and sugar and cook over low heat, stirring frequently for about 1 - 1 1/2 hours, or until quite thick. Wait 10 minutes until mixture thickens. Cool to warm and spread over baked mazurek. Decorate with sliced almonds.

NUTTY MAZUREK (Mazurek orzechowy)

3 egg yolks	10 oz. ground walnuts
10 oz. powdered sugar	2 egg whites
1/2 c. butter	2 oz. powdered sugar
5 oz. flour	Baking wafers

Beat egg yolks with sugar until creamy. Gradually add butter. Add to the mixture ground walnuts and flour. Knead the dough until smooth. Line the baking sheet with wafers. Place the dough evenly on the wafers, finger thick and smooth out the surface. Beat two egg whites until stiff, adding two ounces sugar. Cover dough evenly and arrange halves of shelled walnuts on the surface. Bake the mazurek for 20 minutes in preheated oven at 350°F.

ROYAL MAZUREK #2 (Królewski mazurek)

1 c. butter	1 1/2 c. flour
6 egg yolks	1/4 tsp. salt
1 c. sugar	1/2 tsp. almond extract
1/2 c. almonds, blanched and finely chopped	

Cream butter and sugar until fluffy. Alternating, add egg yolks and flour mixing well. Add almonds, salt and almond extract. Pour into a greased and floured Pyrex dish (17x11 inches) and bake at 350° for 30-45 minutes until golden brown and tests done. Decorate with almonds. Cut into small bars or squares.

MERINGUE TORTE (Beza)

4 egg whites (at room temperature)	1 tsp. white wine vinegar
1/8 tsp. salt	1 tsp. vanilla
1 c. sugar	1 pt. heavy cream, whipped
1 Tbsp. cornstarch	Sliced kiwi or other fruits for decoration

In a large mixer bowl, beat egg whites and salt at high speed until frothy. Gradually add sugar, beating after each addition. Blend the last tablespoon of sugar with the cornstarch before adding. Add vanilla and vinegar. On a brown paper (from a shopping bag), draw a circle 10 inches in diameter. Form a meringue, shaping it with spatula. Bake in a preheated 400°F. oven. Immediately reduce temperature to 250°F. and bake for 1 1/2 - 2 hours until slightly browned. Remove from oven and cool completely. Just before serving swirl whipped cream on top and garnish with fruits, such as strawberries, raspberries, kiwi, etc.

MERINGUE SHELLS WITH FRUIT (Bezy z owocami)

5 egg whites	1 tsp. cornstarch
1/4 tsp. cream of tartar	1 pt. whipping cream
1 c. sugar	Fresh strawberries or raspberries

Beat the egg whites until foamy, adding sugar gradually. Add the cream of tartar and continue beating until the mixture is glossy and forms stiff peaks. Shape into shells with a spoon (making sure that sides are higher than the center) on brown paper. Place in 250° oven for 2-3 hours, or turn off oven after 2 hours and leave overnight in closed oven. Before serving, beat the whipping cream and clean the fruit. Fill the shells with some whipping cream, then add the fruit and top with a bit of whipping cream. Serve immediately.

APRICOT CAKE (Ciasto morelowe)

4 eggs	1/4 tsp. baking powder
3/4 c. sugar	Vanilla extract
3/4 c. flour	1 can apricot or peaches (halves)
1/2 c. butter, softened	

Beat butter with eggs and sugar, adding all ingredients gradually. When the batter is smooth, add few drops of vanilla extract. Add flour mixed with baking powder. Mix well. Pour the dough on a buttered, dusted with Cream of Wheat (13x8 inch) baking sheet. Drain a can of apricots and arrange on the surface and bake for 25 minutes at 375°F.

APPLE CHARLOTTE (Szarlotka)

4 c. flour	1 Tbsp. orange peel, grated
1 1/4 c. butter	8 tart apples, cored, peeled and sliced
2 Tbsp. sugar	Dash of salt
2 egg yolks	Bread crumbs
3 Tbsp. sour cream	

Cut butter into flour with knife until crumbly. Add egg yolks, sour cream and salt. Mix lightly with hand. Divide the dough into two parts. Roll out one part and spread on buttered cookie sheet. Sprinkle with bread crumbs. Arrange apples mixed with sugar and orange peel. Roll out the other part of the dough and cover apples. With a fork, prick the dough in several places. Bake for 45 minutes in moderate oven at 375°F.; cool. Sprinkle with powdered sugar.

RAISIN CAKE (Ciasto z rodzynekami)

3/4 c. butter	1 3/4 c. flour
7/8 c. sugar	1 1/2 c. raisins
4 eggs	1 tsp. baking powder
Grated lemon rind	

Cream the butter and sugar together. Beat the eggs and add them gradually to the butter mixture. Then add the flour, baking powder, lemon rind and raisins. Mix well. Put the mixture into a greased and floured cake pan and bake in a moderate oven for about 1 1/2 hours at 350°.

PLUM CAKE (Placek ze sliwkami)

4 eggs	1 c. flour
1 c. sugar	10 plums (Italian prune variety)
1/4 c. butter	

Beat eggs and sugar until very thick and creamy. Melt butter in a pan and pour into batter. Gradually add flour while mixing at low speed. Wash and wipe dry plums. Cut in halves and remove pits. Each half should be pierced with a fork or scored with a knife on the outside. Pour batter into 9x13 inch Pyrex pan, placing plum halves skin side down in

rows of 5 or 6. Bake 30 minutes at 350°. Remove from pan with spatula while cake is still warm. Dust with powdered sugar before serving.

MARIA'S COFFEE CAKE (Marysi ciasto)

1/2 c. plus 2 Tbsp. unsalted butter, softened	1/3 c. raisins 2 c. flour 1 1/2 tsp. baking powder 2/3 c. milk (scant)
1 c. plus 2 Tbsp. sugar	
3 large eggs, separated	
1 tsp. finely grated lemon rind	
1/3 c. blanched almonds, chopped	

Cream together butter and sugar until smooth. Beat egg yolks until thick and lemon colored. Beat into creamed butter mixture, along with lemon rind, almond and raisins. Sift together flour and baking powder. Add half the flour mixture to the creamed mixture, alternately with the milk, then add remaining flour mixture. Blend well. Beat egg whites until stiff, fold into flour-butter mixture. Pour batter into well greased pan or ring mold. Bake at 350° for one hour, or until cake tester inserted in the center comes clean. Delicious for coffee break or dessert.

SPANISH SPONGE CAKE (Placek z owocami)

1 1/4 c. butter	3 eggs
1 tsp. grated lemon rind	1 1/2 c. sifted flour 1/4 tsp. salt
1 c. sugar	Chopped almonds

Beat butter with 3/4 cup of sugar; add eggs one at a time, alternating with flour, beating after each addition. Spoon into well greased and floured 9 inch pan. Sprinkle 1/4 cup sugar and chopped almonds on top. Bake at 350° for 30 minutes. Can also be baked with fruits like plums, blueberries, or topped with apricot or other preserves.

CHEESECAKE "TERESA"
(Sernik Teresy)

2 (8 oz.) pkg. cream cheese	2 Tbsp. cornstarch
1 lb. cottage cheese (small curd)	3 Tbsp. flour
1 1/2 c. sugar	1 1/2 tsp. lemon juice
4 eggs	1 tsp. vanilla
	1/2 c. unsalted melted butter

With an electric mixer, blend cottage cheese with cream cheese. (Cream cheese should be at room temperature). Gradually add sugar and continue blending at high speed. Add one egg at a time. At low speed, add the cornstarch and flour, then lemon juice and vanilla. Melt butter and add to the mixture, and continue beating at low speed until well blended. Grease and flour 9 inch spring pan and pour in the mixture. Bake at 325° for 1 hour and 10 minutes. Turn the oven off, and let it stand in the oven for 2 hours. Remove cake from oven and let it cool completely. Refrigerate, and serve well chilled.

CHEESECAKE
(Sernik)

Crust:

1/4 c. melted butter	1/4 tsp. cinnamon
1 c. zwieback crumbs	1/4 tsp. nutmeg
1/4 c. sugar	

Cheese Filling:

4 eggs	3/4 c. sugar
1/4 c. sugar	2 Tbsp. flour
1 c. sour cream	1 lb. cream cheese, softened
1 tsp. vanilla	

Mix all crust ingredients. Pat over the bottom of a 9 inch spring pan and up the sides about one inch. Chill. Set oven at 375°F. Separate eggs. Beat the whites until stiff with 1/4 cup sugar. Set aside. Without washing the beaters, beat the yolks until thick. Add sour cream, vanilla, and beat in 3/4 cup sugar and flour. Stir in, bit by bit, cream cheese and beat until smooth. Fold in the egg whites. Spoon into pan. Bake until firm to touch (about one hour). Cool, then chill in the refrigerator.

QUICK CHEESECAKE (Sernik latwy)

3 cream cheese (8 oz. each)	1 tsp. vanilla
5 eggs	1 c. sour cream
1 c. + 2 Tbsp. sugar	1/2 tsp. vanilla
	2 Tbsp. sugar

Cream cheese with sugar; add eggs one at a time, beating well after each addition. Add vanilla. Grease 12 inch round spring form pan; sprinkle with bread crumbs or sliced almonds. Pour batter into the pan and bake at 325° for 40-45 minutes or till cheesecake tests done. Remove from oven and let cool for 10 minutes. Mix sour cream, vanilla and 2 tablespoons of sugar, and spread over the top. Return to oven for another 10 minutes. Remove, cool slightly, then take off the outside ring of the cake pan. Serve chilled.

CHEESECAKE/FOOD PROCESSOR (Sernik)

1 c. flour	6 egg yolks
1/2 c. butter (can use 1/2 margarine, 1/2 butter)	1 c. sugar
1/4 c. powdered sugar	1/4 c. (scant) flour
1 lb. dry cottage cheese	6 egg whites
1 (8 oz.) pkg. cream cheese	Pinch of salt
	Vanilla
	Lemon flavor

Blend flour, butter and powdered sugar in a food processor using short pulses until it resembles cornmeal. Spread evenly on the bottom of 12x9 inch pan. Bake 25 minutes at 325°. Meantime, in processor, beat together sugar and yolks; add dry cottage cheese (grind or process first if too lumpy) and cream cheese, flour and flavorings. Separately beat egg whites with salt until stiff. Combine with yolk mixture; spread on hot crust (it should be just ready by now) and bake at 350° for about 1 hour or until golden and set.

HONEY CAKE #1 (Piernik)

- | | |
|--|------------------------------------|
| 2 1/2 c. flour | 2 tsp. baking soda |
| 1 c. butter | 1 lb. honey |
| 4 eggs | Optional: cup of walnuts, raisins, |
| 1 c. sugar | or figs |
| 2 tsp. spices (cinnamon,
nutmeg, allspice,
ginger) | |

In a large mixing bowl, beat the butter with the sugar until creamy. Add one egg at a time, beating well after each addition. Add honey. In a separate bowl, sift flour together with spices and baking soda. Add flour mixture to the egg mixture beating at low speed. Grease and flour 9x14 inch pan. Pour in mixture and bake at 325° for 50 minutes.

HONEY CAKE #2

- | | |
|--------------------------|---------------------------------|
| 6 eggs | 1 tsp. cloves |
| 1 c. sugar | 1 tsp. cinnamon |
| 1 c. honey | 1 tsp. allspice |
| 2 Tbsp. oil | 1/2 tsp. ginger |
| 3 1/2 c. flour | Optional: 1 c. chopped figs and |
| 1 1/2 tsp. baking powder | 1 c. chopped nuts |
| 1 tsp. baking soda | |
| 1 tsp. nutmeg | |

In a large bowl, mix eggs and sugar, until thick and creamy. Add honey and oil. In a separate bowl, sift together flour with baking powder, baking soda and all spices. Add gradually to egg mixture at low speed until blended. Fold in figs and walnuts. Grease and flour two loaf pans. Bake at 300° for 1 hour. (Do not peek in the oven). Cool for 1/2 hour and remove from pans.

FAVORITE APPLE CAKE (Jabłecznik)

- | | |
|---------------------------------------|-----------------------------|
| 1/2 c. butter or
margarine, melted | 1 1/2 tsp. baking powder |
| 1 c. sugar | 1 tsp. vanilla extract |
| 1 c. flour | 1 tsp. cinnamon |
| 1/2 c. cornstarch | 6 medium size tart apples, |
| 3 eggs | peeled, cored and quartered |

Beat together eggs and sugar. Add melted butter, vanilla, flour, cornstarch and baking powder. Mix well. Grease 9 inch spring form pan and sprinkle with bread crumbs. Pour in mixture and then arrange apples on top. Bake in moderate oven (375°F.) about one hour. Let stand 15 minutes before opening the spring form pan.

FAVORS (Chrust or Faworki)

1/2 pt. sour cream	1 oz. brandy
4 egg yolks	1 lb. powdered sugar
2 c. sifted flour	Crisco for deep frying
1/2 tsp. salt	

On a clean surface, make a mound out of the flour, reserving 1/2 cup for later. Make a well in the center and pour in the brandy, sour cream and egg yolks. Knead well, use reserved flour as necessary. When dough is smooth and does not stick, roll out very thin. Cut with a wheel cutter into rectangles 1x3 inches. Make a slit in the center of each rectangle and pull through one end to make a twist. Drop into hot shortening and fry until delicate brown on both sides. Drain on paper towels. When cool place on a serving dish and dust generously with powdered sugar using a sieve.

WARSAW LAWYERS' TONGUES (COOKIES) (Adwokackie języki)

4 c. flour	1/2 c. sour cream
4 egg yolks	1 c. sugar
1 1/2 c. butter or margarine	2 egg whites, beaten
1 pkg. active dry yeast	

Dissolve yeast in sour cream. Beat butter with egg yolks until creamy; add sour cream and yeast, blend. Add flour. Work with pastry blender or forks, touching dough as little as possible. Divide dough in half. Roll out one half while the other rests in the refrigerator. Cut in rectangle or diamond shapes. Brush each piece with egg white on one side and dip that side in sugar. Bake in hot oven at 375°F. - 400°F. for a short time until light golden color.

JADZIA'S COOKIES

(Ciasteczka Jadzi)

1 c. butter	2 egg yolks
1/2 c. soft brown sugar, firmly packed	3/4 c. flour
1/2 c. plus 1 Tbsp. white sugar	4 1/2 oz. oat flakes

Topping:

6 oz. chocolate	2 oz. nuts or almonds
1/4 c. butter	

Cream butter with both kinds of sugar. Add egg yolks, sieved flour and oats and stir well. Spread mixture all over greased 13x9 inch baking sheet. Bake in 375° oven for 20 minutes. Cool for 10 minutes.

Topping: Melt chocolate and butter. Spread over pastry and sprinkle with chopped nuts. Cut into squares.

QUICK TEA PASTRIES

(Szybkie ciasteczka)

4 oz. flour	Jam for filling
4 oz. butter	Powdered sugar
4 oz. curd cheese	

Mix first three ingredients together with a knife. Quickly work through with your hands. Roll out pastry 1/4 inch thick. Cut into 2 inch squares. Place 1/2 teaspoon jam in the center and fold over one corner on top of the other. Press down edges to seal in the jam. Bake in hot oven (425°F.) for 15-20 minutes. Sieve powdered sugar over the pastries.

TRUFFLES

(Trufle czekoladowe)

8 oz. chocolate	2 egg yolks
1 c. butter	1 1/2 oz. cocoa to coat
1/4 pt. thick cream	

Cream butter. Melt chocolate and cool slightly, then add to the creamed butter. Add other ingredients and stir until firm and glossy. Form small balls and coat with cocoa. Place each truffle into a paper cup.

CHEESE COOKIES

(Ciastka z serem)

1 c. unsalted butter or margarine	2 c. flour
1 (8 oz.) pkg. cream cheese	2 Tbsp. sugar
	1 tsp. vanilla

Filling: Apricot jam for filling.

Work the flour into the other ingredients until they become a medium-firm dough. On a lightly floured surface, roll the dough into a rectangle 1/4 inch thick. Trim the edges to straight lines and cut it into 2 1/2 by 3 1/2 inch rectangles. Place a teaspoon of jam in the center of each rectangle and spread it toward the edges. Roll each rectangle up jelly-roll fashion. Bake in the middle of the oven for 25 minutes at 375°F. or until they are golden. Dust with powdered sugar.

ALMOND CREAM PUFFS

(Ptysie)

Batter:

1 c. water	1 c. all-purpose flour
1/2 c. butter or margarine	4 eggs

Almond Filling:

1 large pkg. vanilla flavor instant pudding	1 c. whipping cream
Milk	1 tsp. almond extract

Preheat oven to 400°F. Put water and butter into 2 quart pot. Bring to boil. Remove from heat. Vigorously stir in flour all at once using wooden spoon until mixture forms smooth shiny ball and doesn't stick to the pan. Place mixture in a food processor and process, adding eggs one at a time (approximately 2 minutes). Drop batter on lightly greased cookie sheet. Bake 30 minutes or until golden. When cool, slice puffs open. Spoon filling in; cover with tops. Sprinkle with powdered sugar.

Filling: Whip cream; prepare instant pudding using 1/2 of milk called for in package instructions. Add flavor. Fold whipped cream in working fast so it is well blended before pudding sets. Spoon filling into puff shells.

P.S. These puffs keep well even overnight. One can substitute lemon flavor for vanilla and almond and get lemon puffs or....sky is the limit.

ALMOND COOKIES (Ciastka migdałowe)

1 c. unsalted butter	1 Tbsp. half & half
1/2 c. sugar	1/2 c. almonds, ground
1 egg yolk	2 1/4 c. flour
1 tsp. almond extract	

Cream butter and sugar. Add yolk, extract, half & half, almonds and flour. Mix well. Turn dough onto floured surface. Roll out 1/4 inch thin and cut in desired shapes with cookie cutters. Bake on a buttered cookie sheet in moderate oven (350°F.) for 8-10 minutes. Frost with lemon frosting.

RAISIN TEACAKES (Ciastka z rodzynkami)

1 c. butter or margarine	1 c. chopped nuts or almonds
1/4 c. powdered sugar	1 c. chopped raisins
1 tsp. vanilla	Powdered sugar for coating
2 c. flour	

In a mixing bowl, cream butter, sugar and vanilla. Beat in flour, nuts and raisins. Chill dough several hours or overnight. Form into 1-inch balls. Bake on ungreased baking sheets at 325° for 20 to 25 minutes. While still warm, roll in powdered sugar. Cool. Roll in powdered sugar again. Makes about 5 dozen.

MY MOTHER'S GINGERBREAD (Pierniczki)

1 c. honey	1 tsp. baking soda,
1 c. sugar	dissolved in 1/4 c. hot water
1 c. sour cream	2 tsp. mixed spices (cloves,
3/4 c. butter	cinnamon, ginger) also
5 c. flour	depending on optional:
4 eggs	1/2 c. chopped walnuts,
	chopped almonds, chopped dry
	figs, citron, candied orange
	peel

Bring honey to a boil; mix with all ingredients. Beat eggs with sugar and fold into mixture. Place batter in 9 x 12 x 2 1/2 inch well greased cake pan. Bake in a moderate oven at 300° until toothpick comes out dry (approximately 1 1/2 hours). Cut into squares.

DELICIOUS OATMEAL COOKIES
(Ciastka z płatków owsianych)

1/2 c. butter or margarine	1/2 tsp. orange peel
3/4 c. sugar	2 Tbsp. flour
1 c. oatmeal	1 tsp. baking powder
1 egg	1 tsp. cinnamon
1/4 c. almonds, chopped or sliced	

Melt butter in saucepan. Remove from heat. Stir in remaining ingredients. Mix well. Grease cookie sheets. Drop batter from teaspoon 3 inches apart. Bake in moderate oven at 375°F. for 6 minutes, or until golden brown. Let stand 2 minutes before removing. Cool. Sprinkle with powdered sugar.

NUTRITIOUS OATMEAL COOKIES
(Ciastka z płatków owsianych)

1 c. butter or margarine	1 tsp. each cinnamon, allspice and vanille
1 1/2 c. dark brown sugar	1 c. chopped nuts
2 eggs (large or extra large)	1 c. raisins
1 1/2 c. whole-wheat flour	1 c. chocolate chips (optional)
1 tsp. baking soda	4 c. regular oat flakes

Cream together butter and sugar; keep adding all other ingredients. Spoon on a baking sheet. Bake at 350°F. for 15 minutes. Cut into squares.

HAZELNUT CREAM FILLING
(Masa orzechowa)

1 c. sugar (powdered)	1 c. butter
4 eggs	1/4 c. toasted ground hazelnuts

Beat the sugar and eggs in top of double boiler, cooking mixture until thick. Remove from heat, cool, then beat in the butter and nuts. Use as filling and topping for the toasted hazelnut cake.

VANILLA CUSTARD SAUCE

(Polewa waniliowa)

4 large egg yolks	2 c. half & half
1/3 c. sugar	1 1/2 tsp. vanilla

With an electric mixer, beat egg yolks with sugar until the mixture is thick. Add scalded half & half in a stream, beating. Transfer the mixture to a heavy saucepan. Cook the custard over moderately low heat, stirring constantly, until it thickens. Do not let it boil. Stir in vanilla. Chill sauce for at least 3-4 hours. Makes two cups.

COFFEE OR CHOCOLATE PASTRY CREAM

(Krem czekoladowy lub kawowy)

1 (7 oz.) jar marshmallow creme	1 Tbsp. instant coffee (or 2 Tbsp. cacao)
2 sticks whipped butter or unsalted margarine	

With couple drops of hot water, dissolve instant coffee. Mix well whipped margarine (or butter) with marshmallow and add instant coffee.

ROYAL PASTRY CREAM

(Królewska masa)

1 pt. whipping cream	2 Tbsp. brown sugar
2 Tbsp. sour cream	2 Tbsp. liqueur (apricot, orange or coffee)

With electric mixer, beat whipping cream until thick. Add sour cream and beat thoroughly. Add brown sugar and beat well. Add liqueur. Work down with spoon. Mix well.

LEMON FROSTING

(Lukier cytrynowy)

1 c. powdered sugar	1 Tbsp. oil
2 Tbsp. lemon juice	1 drop yellow food color

Mix all the ingredients. Very good frosting for cakes and cookies.

RUM FROSTING
(Lukier rumowy)

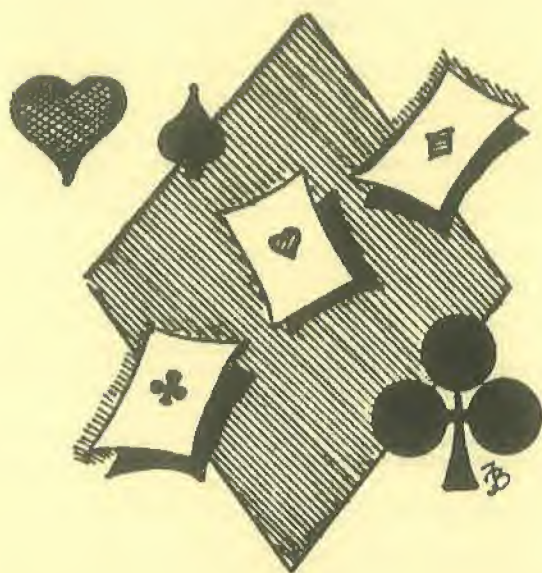
1 c. powdered sugar
2 Tbsp. rum

2 Tbsp. light corn syrup
1 drop red food color

Mix all ingredients. Use for decorations.

** NOTES **

** NOTES **



Miscellaneous

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2 - 2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

MISCELLANEOUS

AUTHENTIC POLISH PICKLES (Ogórki kiszzone)

6 lb. medium pickling cucumbers	1 c. salt
4 lb. small pickling cucumbers	1/4 c. sugar
6 qt. water	1 head garlic
	1/2 lb. fresh dill
	Dried hot red peppers

Wash pickling cucumbers in cold water. Pierce each cucumber with a wooden skewer a few times through the middle, to prevent hollowness. Place a generous amount of dill on the bottom; a tiny piece of red pepper and a clove of garlic and pack starting with the medium cucumbers standing up in the jar, and pack smaller ones on top to fill in making sure that the jar is tightly packed. Bring water to a boil, with the salt and sugar. In a separate pan, place the lids in hot water for a few minutes. Pour the hot boiling water over the cucumbers to fill the jar to the brim. Wipe the hot lid with a cloth and place on top of the jar, and seal. When jars have cooled, tighten the seals, and store in a cool, dry, dark place. If brine seeps out, there is no need to worry, the pickles are edible. The pickles sour naturally during the fermentation process.

SALTING MUSHROOMS FOR THE WINTER (Solenie grzybów na zimę)

To salt for winter:

Dill	Mushrooms (Russula or Lactarius
Salt	Delicious) (Rydze lub surojadki)

To use:

Chopped salted mushrooms	Sour cream
Chopped onion	Dry dill weed

Use above mushrooms or other edible mushrooms with ribs not sponge on the underside. Soak mushrooms and wash in same water. Do not wash under running water. Trim stems and discard. In a large ceramic pot or glass jar, place layer of mushrooms and cover with salt very generously. Sprinkle with chopped dill with stems. Alternate layers of mushrooms, salt, and dill, and press down with plastic plate or wooden cover and

weigh down with a rock. Store in cool place. These mushrooms will keep all winter. Keep covered with cloth.

To use: Soak mushrooms in water as needed for a couple of hours. Mushrooms should be salty, when tasted. Drain and squeeze out the excess water. Chop finely. Add chopped onions, dry dill and sour cream.

These mushrooms can be served with boiled hot potatoes, or as a side dish, or as an appetizer on pumpernickel squares or crackers.

MARINATED WILD MUSHROOMS (Grzyby marynowane)

Wild mushrooms (boletus or saffron milk caps)	2 tsp. pickling spices 6 Tbsp. sugar
2 c. water	2 bay leaves
4 c. cider vinegar	4 medium onions, sliced
1/4 c. salt	

Be sure you have edible wild mushrooms of which the best for pickling are boletus or saffron milk caps (*Lactarius deliciosus*). Boil all ingredients, except mushrooms, for a few minutes and set aside to cool. Wash and trim mushrooms and cover with water. Bring to a boil and drain well. In a glass jar, alternately place layers of mushrooms and sliced onions. Last layer should be a layer of onions. Pour vinegar over the mushrooms to cover and with a knife remove bubbles of air by sliding it into the jar and moving it around the sides of the jar. Refrigerate for at least a few days before serving. Will keep for months.

SAUERKRAUT (Kiszenie kapusty)

25 lb. cabbage, finely shredded)	1 lb. carrots 8 bay leaves
1/2 lb. salt	Apples (optional)

Shred the cabbage finely, and knead together with salt. Place in a ceramic, or glass jar. Use a barrel if you have one. Sprinkle carrots and bay leaves, pound down with a wooden mallet. Cover with cloth, and weigh down by using a wooden board or sturdy plate, and place on top a rock, or a heavy object. Leave in warm place at room temperature for two days. Then transfer to a cool dark place and let the cabbage sour through fermentation. Caraway seeds or apples may be added. Use small apples like MacIntosh.

MARINATED SALMON (Marynowany Łosoś)

Salmon
6 Tbsp. salt

Ground pepper
Chopped dill

Select a medium salmon. Rinse salmon under cold running water. Pat dry with paper towels. Cut along the back of the salmon and fillet the fish carefully. Sprinkle salt and pepper and rub into the fish on the inside of the fillet. Put the fillets together, and place the salmon in large shallow glass pan; bottom should be generously covered with dill. Place a plate or board on top of the salmon and weigh it down. Refrigerate for 5-7 days, turning the salmon over once a day.

To serve, slice the salmon at an angle into very thin slices and arrange them on a serving plate, garnishing with fresh dill sprigs. This salmon is excellent for serving as an appetizer with dark bread, or with bliny.

LEMON LIQUEUR (Likier cytrynowy)

1 pt. grain alcohol
1 pt. milk
1 lb. sugar

Vanilla bean
3 lemons

Combine alcohol, milk, sugar, vanilla bean. Add lemon cut into eighths. Leave in a glass jar, covered tightly for two weeks. After two weeks place a coffee filter on a sieve, and filter the curdled mixture. You will have a clear lemon liqueur. The filtering process is slow, but well worth it. Pour into a crystal decanter. The curdled residue can be used as pastry filling. Be sure to discard the lemon pieces and vanilla bean.

ROSE HIP BRANDY (Jadwigówka)

1 qt. vodka
2 Tbsp. dried rose hips

Peel of 1/2 orange, chopped
2 Tbsp. sugar (optional)

Add rose hips to the vodka. Make sure the peel of the 1/2 orange is very thin, and finely chopped. Add sugar. Let it stand for 2 weeks. (Very healthy--contains a lot of Vitamin C).

HONEY LIQUEUR (Krupnik)

1 c. honey	1/2 tsp. nutmeg
1/2 c. water	1/2 Tbsp. cinnamon
1 tsp. vanilla extract	1 Tbsp. grated orange or lemon rind
1/2 tsp. cloves	3 c. vodka

Combine honey, water, and all spices and bring to a boil. Cover and simmer for 10 minutes more. Cool and add to the vodka. Krupnik can be served cold but it is better served warm, especially on fall or winter rainy nights.

ORANGE LIQUEUR (Likier pomarańczowy)

1 qt. grain alcohol	1 c. sugar
1 large orange	1/2 vanilla bean
2 c. water	

Pour alcohol into a large glass jar. Make incisions in the orange skin and tie string around it securely. Drop in vanilla bean. Suspend orange over the alcohol (it must not touch the alcohol), and tie the string around the top of the jar. Secure lid and set aside for 3 weeks. (Orange will shrivel and dry up). Make syrup by boiling water and sugar. Cool completely. Combine with alcohol. Serve at room temperature.

LEMON VODKA (Cytrynówka)

1 qt. vodka	2 Tbsp. sugar (optional)
Rind of 1 lemon	

Cut off thinly the entire lemon rind and cut into small pieces. Add the lemon rind and sugar to the vodka and let it stand for 1 week. Keep in freezer compartment and serve ice cold.

CHOCOLATE LIQUEUR (Likier czekoladowy)

1 qt. vodka	1 tsp. vanilla extract
10 egg yolks	3/4 c. chocolate syrup
2 c. powdered sugar	3/4 c. heavy cream

Beat egg yolks with sugar until thick and light yellow. Blend in chocolate syrup and vanilla extract. Add vodka. In a separate bowl, whip the heavy cream and add to the liqueur.

EGG LIQUEUR (Likier jajeczny)

1 1/2 c. vodka	6 egg yolks
1 c. brandy	2 c. sugar
1 tsp. vanilla extract	1 c. boiled milk

Beat egg yolks with sugar until thick and light yellow. Add the cooled milk and vanilla extract. Add cognac and vodka gradually. Refrigerate for a week. Be sure to shake well before serving.

HOT WINE (Grzane wino)

1 qt. red wine	1/2 tsp. cloves
1 c. sugar	1/2 tsp. cinnamon

Combine all the ingredients and heat well, but do not boil. Excellent after skiing or other winter sports.

SAUCE SUPREME (Sos do wędlin)

10 oz. blackberry or black currant jelly	2 Tbsp. lemon juice
6 oz. horseradish	2 Tbsp. Dijon mustard

Mix well all ingredients. Serve with ham or cold cuts.

SAUCE "COCKTAIL" (For fish) (Sos koktajlowy)

1/2 c. mayonnaise	1 Tbsp. ketchup
1 Tbsp. whiskey or gin	1 tsp. mustard
1/2 tsp. Worcestershire sauce	Salt, pepper to taste

Mix all ingredients well. Serve with fish, seafood and beef.

TOMATO SAUCE (Sos pomidorowy)

1/2 c. meat stock	1 Tbsp. tomato paste
2 Tbsp. butter	Sugar and sour cream (if desired)
1 Tbsp. flour	Salt to taste
1 onion, finely chopped	

Melt butter and add flour. When it bubbles, add slowly meat stock. Add onion and tomato paste. Simmer for 5 minutes. Salt to taste.

MADEIRA SAUCE (Sos z Madery)

4-6 finely chopped green onions	1/2 c. beef bouillon or consomme
2 Tbsp. oil	4 Tbsp. Dijon mustard
4 Tbsp. butter	1 Tbsp. tomato paste
2/3 c. Madeira wine	1/2 c. heavy cream

Saute green onion in hot butter-oil mixture. Add Madeira wine and bouillon. In a separate dish, mix together mustard and tomato paste. Add slowly heavy cream. Mix all this very well and add to the pan with the wine-bouillon mixture. Boil one or two minutes. Serve hot with ham, pork or beef.

HORSERADISH SAUCE WITH EGGS (Sos chrzanowy z jajkami)

1 c. sour cream	1 Tbsp. mustard
2 hard-boiled eggs, finely chopped	Salt and sugar to taste
3 Tbsp. horseradish (prepared)	

Combine all ingredients and mix well. Serve with fish, ham and beef.

HORSERADISH SAUCE (Sos chrzanowy)

1 c. sour cream	1/2 tsp. lemon juice
4-5 Tbsp. grated fresh horseradish or prepared horseradish	1 Tbsp. mustard
	Salt to taste
	Sugar to taste

Combine all ingredients and mix well. Serve hot or cold with beef, fish, or ham.

FRESH MUSHROOM SAUCE (Sos ze świeżych grzybów)

1/2 lb. fresh mushrooms, sliced lengthwise	1 small onion, chopped
2 Tbsp. butter or margarine	1/2 c. sour cream
2 Tbsp. flour	1 1/2 c. meat stock (or milk)
	1 tsp. chopped dill
	Salt and pepper to taste

In a saucepan, place mushrooms, butter, salt and pepper. Cover and cook over low heat for 5 minutes. Add onion. Cook until tender, about 10 minutes. Blend in flour, gradually stir in liquid and sour cream. When thickened, add dill.

WHITE SAUCE (4 servings) (Biały sos)

2 Tbsp. butter or margarine	Pepper and salt
1 Tbsp. flour or 1 tsp. corn flour	1/2 pt. milk

Method 1: Put the milk into a saucepan, leaving out just enough to make the flour or corn flour into a smooth paste. When it boils, remove the pan from the fire and add the paste, stirring well, then bring slowly to a boil. Let it cook gently for 5 minutes, then season. Remove the pan from the fire and stir in the butter.

Method 2: Melt the butter, add the flour or corn flour, sieved, very slowly, stirring all the time, and cook till smooth. Remove from the fire, beat in the milk with a whisk or wooden spoon. Put it back on the fire and bring to a boil, stirring all the time; then season and cook for 5 minutes.

This foundation can be used for the following sauces: anchovy, caper, cheese, horseradish, lemon, mustard, onion, parsley, shrimp and tartar.

TARTAR SAUCE (Sos tatarski)

- | | |
|------------------------|-----------------------|
| 1 c. mayonnaise | 1 tsp. chopped chives |
| 1/2 c. sour cream | 1 Tbsp. mustard |
| 2 Tbsp. lemon juice | Salt, pepper to taste |
| 1 tsp. chopped pickles | |

Combine all ingredients and mix well. Chill before using.

DILL OR PARSLEY SAUCE (Sos z koperku lub z pietruszki)

- | | |
|-------------------------|---|
| 1 c. white sauce (warm) | 2 tsp. finely chopped, fresh dill
or 2 Tbsp. finely chopped
parsley |
|-------------------------|---|

Add dill or parsley to white sauce and mix well. Heat, but don't boil.

BUCKWHEAT KASHA (Kasza gryczana)

- | | |
|---------------------------------|--------------------|
| 2 c. coarse buckwheat
groats | 1 tsp. salt |
| 1 egg | 1/4 c. butter |
| | 4 c. boiling water |

Toss the kasha and egg together with a large wooden spoon until the grains are well coated. Transfer to ungreased pan and dry in warm oven. In a 12 inch skillet, boil water with salt, butter and kasha. Stir well, reduce the heat to low. Simmer, stirring occasionally, for about 20 minutes. If at this point the kasha is not tender and dry, stir 1 cup of boiling water and cook covered 10 minutes more until grains are separate and water is absorbed.

TOMATO (SPICED) MARMALADE

- | | |
|---------------------------------|------------------------------|
| 3 c. prepared tomatoes | 1 1/2 tsp. grated lemon rind |
| 1/4 c. lemon juice | 1/2 tsp. allspice |
| 4 1/2 c. sugar | 1/2 tsp. cinnamon |
| 1 box Sure-Jell fruit
pectin | 1/4 tsp. ground cloves |

Scald peel and chop tomatoes. Cover and simmer 10 minutes, stirring occasionally. Measure 3 cups into 6 or 8 quart saucepot. Add 1 1/2 teaspoons grated lemon rind, lemon juice, 1/2 teaspoon each allspice, cinnamon and ground cloves to tomatoes. Stir Sure-Jell fruit pectin into prepared fruit. Bring to a full boil over high heat, stirring constantly. At once stir in sugar. Then boil hard one minute, stirring constantly. Remove from heat. Skim off foam with large metal spoon. Immediately ladle into hot jars, leaving 1/4-inch space on top. Immediately cover jars with hot lids. Let jam stand to cool. Check seals.

PEASANT BREAD (Wiejski chleb)

4 pkg. dry yeast	2 Tbsp. molasses
2 1/2 c. water	2 Tbsp. caraway seeds
3 c. rye flour	2 c. fresh mashed potatoes
4 c. white unbleached flour	1 1/2 tsp. salt

Glaze:

1 c. water	1 tsp. cornstarch, dissolved in 1/4 c. water
------------	---

Dissolve yeast in 1/2 cup lukewarm water. Let stand 10 minutes. Gradually blend in 2 cups lukewarm water, 2 cups rye flour, salt, molasses, mashed potatoes, caraway seeds and white flour. Turn out onto a board. Knead well, blending in another cup of rye flour, until smooth and elastic. Let rise until doubled. Punch down and divide in half. Knead. Shape into two loaves. Let rise until doubled. Bake 10 minutes at 425°F., lower the heat to 375°F. and bake 40 to 50 minutes longer. When almost done, make glaze and paint the loaves with it. Return to the oven and bake 10 minutes longer. To make the glaze, pour dissolved cornstarch into 1 cup of boiling water. Keep stirring and let come to a boil again.

SCRAMBLED EGGS WITH KIELBASA

1 c. of chopped kielbasa	2 green onions, chopped
3 Tbsp. butter	Salt and pepper
6-8 eggs	

Melt the butter on medium heat, and add the chopped kielbasa and the chopped green onions. Fry stirring constantly for a few minutes. Add the eggs, salt and pepper and stir constantly until thickened to desired consistency. Serve immediately. (Serves 4).

**** NOTES ****

notes

notes

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Chicken Salad
(Sałata z kury)

Chicken in Aspic
(Kura w galarecie) - - - - -12

Yeast Fingers
(Paluszki drożdżowe)

Yeast Rolls with Mushrooms
(Paluszki z grzybami) - -13

Pig's Feet in Aspic
(Nóżki w galarecie) - - - -14

SOUPS

Beef or Chicken Broth
(Rosół z wołowiny lub z kury)

Christmas Eve Barszcz
(Barszcz wigilijny) - - - - -15

Clear Barszcz
(Barszcz klarowny)

Hearty Barszcz

White Easter Soup
(Biały barszcz wielkanocny)-16

Cream of Tomato Soup
(Zupa pomidorowa)

Poor Student's Soup
(Zupa studencka) - - - - -17

Potato Soup
(Zupa kartoflana)

Cold Sorrel Soup
(Zupa szczawiowa)

Sorrel Soup
(Zupa szczawiowa) - - - - -18

Split Green Pea Soup
(Grochówka)

Bean Soup
(Zupa fasolowa)

Vegetable Beef Soup
(Zupa jarzynowa na wołowinie) - - - - -19

Soup with Meatballs
(Zupa z klopsikami)
Tripe
(Flaczki)
Pickled Soup
(Zupa ogórkowa) - - - - - 20

Liver Dumplings in Bouillon
(Rosół z kluskami z watróbki)
Sauerkraut Soup
(Kapuśniak) - - - - - 21

Dried Mushroom and Barley Soup
(Zupa z suszonych
grzybów)
Mushroom Soup With Bacon
(Zupa grzybowa z boczkiem)
Onion Soup
(Zupa cebulowa) - - - - - 22

Barley Soup With Meat
(Krupnik)
Lamb and Barley Soup
(Zupa na baraninie)
Fish Soup
(Zupa rybna) - - - - - 23

Chłodnik #1
(Cold buttermilk soup
with beets)
Chłodnik #2
(Cold Buttermilk Soup)
Blueberry Soup
(Zupa z czarnych jagód)
Cold Cherry Soup
(Czereśniowa zupa na
zimno) - - - - - 24

Meat Filled Rolls (Paszteciki)
Soup Croutons - - - - - 25

Mushroom Pockets
(Uszka)
Soup Dumplings
(Lane kluski)
Kulebiak with Cabbage - - - - - 26

SALADS

Cucumber Salad
(Mizeria)
Cucumber Salad #2
(Sałatka z ogórków)
Leek Salad
(Sałatka z porów) - - - 29

Spinach Salad
(Sałatka ze szpinaku)
Potato Salad
(Sałatka kartoflana)
Radish Salad
(Sałatka z rzodkiewek) 30

Tomato Salad
(Sałatka z pomidorów)
Sauerkraut Salad #1
(Sałatka z kiszzonej kapusty)
Sauerkraut Salad #2
(Sałatka z kiszzonej kapusty)
Marinated Carrots
(Marchewka marynowana) - - 31

Celery Salad
(Sałatka z selerów)
Bibb Lettuce Salad
(Sałatka ze śmietaną)
Vegetable Salad
(Sałatka jarzynowa) - - - - 32

Warsaw Salad
(Sałatka warszawska)
Red Cabbage Salad
(Surówka z czerwonej
kapusty)
Red Cabbage Slaw
(Sałatka z czerwonej
kapusty) - - - - - 33

Cottage Cheese, Polish Style
(Twaróg z rzodkiewkami)
Spring Salad #1
(Wiosenna sałatka)
Spring Salad #2
(Wiosenna sałatka) - - - - - 34

VEGETABLES

Red Beets (Ćwikła)
Beets with Apples
(Buraki z jabłkami)
Cauliflower a la Polonaise
(Kalafior po polsku) - - - - 35

Sauerkraut with Apples
(Kapusta kiszona z jabłkami)
Sauerkraut with Mushrooms
(Kapusta kiszona z
grzybkami)
Mushrooms a la Polonaise
(Grzybki po polsku)
Chanterelles with Wine
(Kurki z winem) - - - - - 36

Fried Potatoes
(Smażone ziemniaki)
Cabbage with Tomatoes
(Kapusta z pomidorami) - - - - 37

Green Beans with Almonds
(Fasolka z migdałami)
Wax or Green Beans with
Buttered Bread Crumbs
(Fasolka)
Herbed Zucchini and Carrots
(Kabaczki z marchewką) - - - 38

Kohlrabi
(Kalarepa)
Potato/Tomato Bake
(Zapiekanka z ziemniaków i
pomidorów)
Cheese Dumplings
(Leniwe pierogi) - - - - - 39

Raw Potato Dumplings
(Pyzy)
Potato Dumplings
(Kopytka) - - - - - 40

Potato Pancakes
(Placki kartoflane) - - - - - 41

MEATS

Pierogi - - - - - 43

Hunter's Stew
(Bigos)
Beef Rolls
(Zrazy) - - - - - 44

Pork Tenderloin in Sauce
(Zrazy)
Beef with Mushrooms
(Zrazy z grzybkami)
Polish Hamburgers
(Kotlety siekane) - - - - - 45

Cabbage Rolls
(Golabki)
Boiled Beef
(Sztuka mięsa)
Sauerbraten
(Pieczeń na dziko) - - - - - 46

Beef Cutlets with Sour Cream
(Wołowe kotlety w śmietanie)
Beefsteak with Onion
(Befsztyk z cebulą) - - - - - 47

Fresh Polish Sausage
(Świeża kiełbasa)
Polish Ham in Madeira Sauce
(Polska szynka w sosie z
madery) - - - - - 48

Polish Pork Chops
(Polskie kotlety schabowe)
Smoked Pork Chops
with Sauerkraut
(Wędzone kotlety schabowe
z kapustą)
Pork Loin in Crust
(Połędwica w cieście) - - - 49

Pork with Sauerkraut
(Wieprzowina z kiszoną
kapustą)
Lamb Shashlik
(Szaszłyk barani) - - - - - 50

Roast of Lamb
(Pieczone noga barania)
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(Duszona baranina) - - - - - 51

Rabbit
(Zając pieczony)
Roast Duck with Apples
(Kaczka nadziewana
jabłkami)
Roast Stuffed Chicken
(Pieczone kura z
nadzieniem) - - - - - 52

Chicken in Dill Sauce
(Kury w sosie koprowym)
Chicken Livers
(Wątróbki z kury)
Chicken Livers in Sauce
(Kurze wątróbki w sosie) - . 53

Mushroom Stuffed Game Birds
(Kurki nadziewane grzybkami)
Chicken Galantine
(Kura w galarecie) - - - - - 54

Turkey Breast in Mustard
(Pierś indycza w
musztardzie)
Veal Stew
(Gulasz cielęcy) - - - - - 56

Veal Roulade
(Cielęca rolada)
Loin Pork or Veal in Aspic
(Połędwica lub cielęcina w
galarecie) - - - - - 57

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Bliny with Caviar and
Herring (Yeast Pancakes)
(Bliny z kawiozem i
sledziem) - - - - -59

Fish in Greek Sauce
(Ryba po grecku)
Cod in Horseradish Sauce
(Dorsz w sosie chrzanowym)
Baked Sole Gourmet
(Pieczone sola) - - - - -60

Fish in Sour Cream
(Ryba w śmietanie)
Trout in Sour Cream
(Pstrąg w śmietanie) - - - - -61

Pike Polish Style
(Szczupak po polsku)
Fish Patties
(Paszteciki z ryby) - - - - -62

Tuna Fish Balls
(Klopsiki z tuńczyka)
Piquant Salmon Loaf
(Pikantny pieczony łosoś)
Fish Au Gratin
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Fish Casserole
(Zapiekanka z ryby) - - - - -64

Crayfish Casserole - - - - -65

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(Kisiel)
Cranberry Jelly
(Kisiel)
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(Knedle ze śliwkami) - - - - -67

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(Jabłkowy "Śnieg") - - - - -68

Apple Compote
(Kompot z jabłek)
Rice and Apple Dessert
(Ryż zapiekany z jabłkami)
Bread Crumb Apple Pudding
(Zapiekanka z jabłek) - - - - -69

Creamy Chocolate Mousse
(Mus czekoladowy)
Chocolate Mousse
(Mus czekoladowy)
Cheese Pudding
(Budyń z sera) - - - - -70

Rice Pudding
(Budyń z ryżu)
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(Ryż z migdałami) - - - - -71

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(Budyń z rumem)
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(Mus truskawkowy)
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(Kutja) - - - - -72

Cherry Mold
(Galaretka z czereśniami)
Dried Fruit Compote
(Kompot z suszonych
owoców) - - - - -73

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(Jabłka w cieście)
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(Naleśniki)
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(Strucl z makiem) - - - - -78

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